

Inner Vision Yoga - Phoenix

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Inner Vision Yoga - Phoenix

Discover Inner Vision Yoga Studio in Phoenix, AZ

Inner Vision Yoga (IVY) is a vibrant community dedicated to wellness and transformation through yoga. Located in Phoenix, Arizona, this studio stands out for its commitment to providing both ****on-site services**** and ****online classes**** tailored to every individual's needs.

Service Options and Amenities

At Inner Vision Yoga, a variety of ****service options**** are available to accommodate all levels of practitioners. The studio offers special classes such

as Chair Yoga, Yin Yoga, and hot yoga sessions that utilize infrared panels, making the practice comfortable and inviting. The facility is designed with ****accessibility**** in mind. It features a ****wheelchair-accessible entrance****, a ****wheelchair-accessible car park****, and a ****wheelchair-accessible toilet**** to ensure that everyone can enjoy their experience without barriers.

Community and Experienced Instructors

The enthusiasm and dedication of the instructors at IVY are repeatedly praised by members. Many attest to the welcoming and nurturing environment created by teachers like Dusty, Donna, and Jeff. With their unique teaching styles, they foster a sense of grounding and individual expression while maintaining a focus on alignment and breath awareness. As one practitioner shared, after years of exploring various studios, Inner Vision Yoga remains her top choice due to its supportive community and expert guidance. This sentiment is echoed by many who have benefited from the personalized attention and care shown by the instructors, making IVY a healing sanctuary for individuals on their wellness journey.

A Space for Healing and Growth

For those seeking physical and emotional healing, IVY serves as a transformative space. Members have noted remarkable improvements in their mental clarity, physical health, and overall well-being. One breast cancer survivor highlighted how yoga helped her regain strength post-treatment, emphasizing the significant benefits of gentle yet impactful practices available at the studio. Moreover, IVY's vast array of classes offers something for everyone, from those new to yoga to seasoned practitioners. The community atmosphere encourages individuals to explore different types of yoga, promoting consistency in practice and personal growth.

Conclusion

Inner Vision Yoga Studio in Phoenix, AZ, is more than just a place to practice yoga; it is a supportive community where individuals can flourish. With flexible ****online classes****, an array of ****on-site services****, and essential ****amenities**** to ensure accessibility, there's no better time to start your yoga journey at IVY. Whether you're looking to enhance your physical fitness, manage stress, or find mental clarity, the nurturing environment and expert instructors will guide you every step of the way. Embrace the opportunity to revitalizing your life through yoga at Inner Vision Yoga!

Our address is

South of Trader Joes, 4025 E Chandler Blvd #22, 85048 Phoenix, AZ - United States (US)

The contact phone of the respective **Yoga studio** is *+1480-632-7899*

And if you want to send a WhatsApp, you can do so at [+1480-632-7899](https://www.whatsapp.com/business/profile/14806327899)

Visit us during the following hours:

Day Hours

Monday

9?AM–6?PM

Tuesday

6?AM–6?PM

Wednesday

6?AM–6:30?PM

Thursday

8:30–11:30?AM

Friday

8:30?AM–12?PM

Saturday

9?AM–6?PM

Sunday

6?AM–6?PM

The website is [Inner Vision Yoga](https://www.inner-vision-yoga.com)

If you wish to modify any information that you consider is not precise regarding this page, we kindly request forward a message so we can we will adjust it as soon as possible. Thanks beforehand thank you very much.

Images



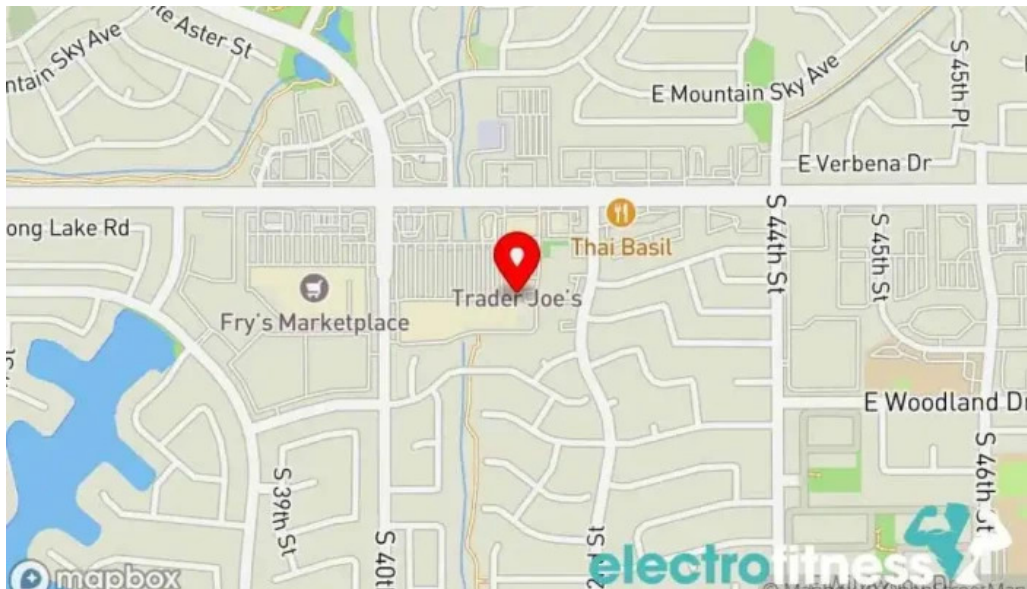
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Tags

Amenities, On-site services, Wheelchair-accessible toilet, Online classes, Toilet, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Service options

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dance company
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