

## Apocatherapy - Quincy

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quincy

## Apocatherapy - Quincy

### Discover Apocatherapy: A Unique Yoga Studio in Quincy, Illinois

If you're searching for a serene and welcoming environment to practice yoga and enhance your well-being, look no further than **\*\*Apocatherapy\*\***. This quaint studio in Quincy, Illinois, not only offers exceptional yoga classes but also provides a variety of wellness services to meet the diverse needs of its clients.

### Appointment Required for Customized Wellness

At Apocatherapy, **\*\*appointments are required\*\*** for most services, ensuring that each client receives personalized attention tailored to their specific needs.

This approach allows instructors to focus on individual progress and adjustments, making every session effective and enjoyable.

## **Accessibility for Everyone**

One of the standout features of Apocotherapy is its commitment to **accessibility**. The studio boasts a **wheelchair-accessible car park**, making it easy for everyone to access the facilities. Inside, guests will find a **wheelchair-accessible toilet**, ensuring comfort and convenience for all visitors.

## **Amenities that Enhance Your Experience**

Apocotherapy is not just about yoga; it's about creating an inclusive environment where clients can feel at home. The studio offers various **amenities** designed to enhance your overall experience. With a clean and professional atmosphere, many clients have praised the studio for its warm and welcoming vibe: "Warm and welcoming. Love this place!"

## **Diverse Yoga Offerings for All Abilities**

Whether you're a seasoned yogi or new to the practice, Apocotherapy provides classes tailored to your ability. Clients rave about the **stress-free chair yoga** option, which is perfect for those who may struggle with traditional yoga poses. This adaptable form of yoga helps improve flexibility and range of motion, providing significant relief for issues like arthritis.

## **Exceptional Team of Professionals**

The heart of Apocotherapy lies in its incredible team. Clients have noted that "every single one of the yoga instructors and massage therapists are amazing here." Lead by the knowledgeable Andrea, who specializes in Eastern medical practices, the team is dedicated to creating quality services that reflect their expertise and care. Many clients have expressed gratitude for the customized sessions that Andrea offers, showcasing her deep understanding of yoga.

## **Amazing Services Beyond Yoga**

In addition to yoga, Apocotherapy offers an array of wellness services, including massages and foot detoxes. Guests have described their experiences as "the best massage I have ever had" after trying the raindrop massage. Additionally, they appreciate the foot detox services aimed at ridding the body of heavy metals and environmental toxins.

## **Planning Your Visit**

When planning your visit to Apocotherapy, remember that **appointments are recommended** to ensure you get the most out of your experience. With a high level of customer satisfaction reflected in glowing reviews, securing your spot will allow you to experience the magic of this studio firsthand. In conclusion,

Apocatherapy in Quincy, Illinois, is not just a yoga studio; it's a sanctuary for healing and personal growth. With a diverse range of classes and services, exceptional staff, and a commitment to accessibility, it's a place where everyone can thrive. Highly recommend Apocatherapy for your wellness journey!

**The address of our establishment is**

*3800 E Lake Center Suite 500, 62305 Quincy, Illinois - United States (US)*

The contact line of the respective **Yoga studio** is +1217-257-0988

And if you want to send a WhatsApp, you can do so at +1217-257-0988

**Our public attention hours are:**

Day	Hours
Monday	7?AM–7?PM
Tuesday	7?AM–5?PM
Wednesday	9?AM–5?PM
Thursday	Closed
Friday	7?AM–7?PM
Saturday	7?AM–7?PM
Sunday	7?AM–7?PM

The website is [Apocatherapy](#)

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**Images**



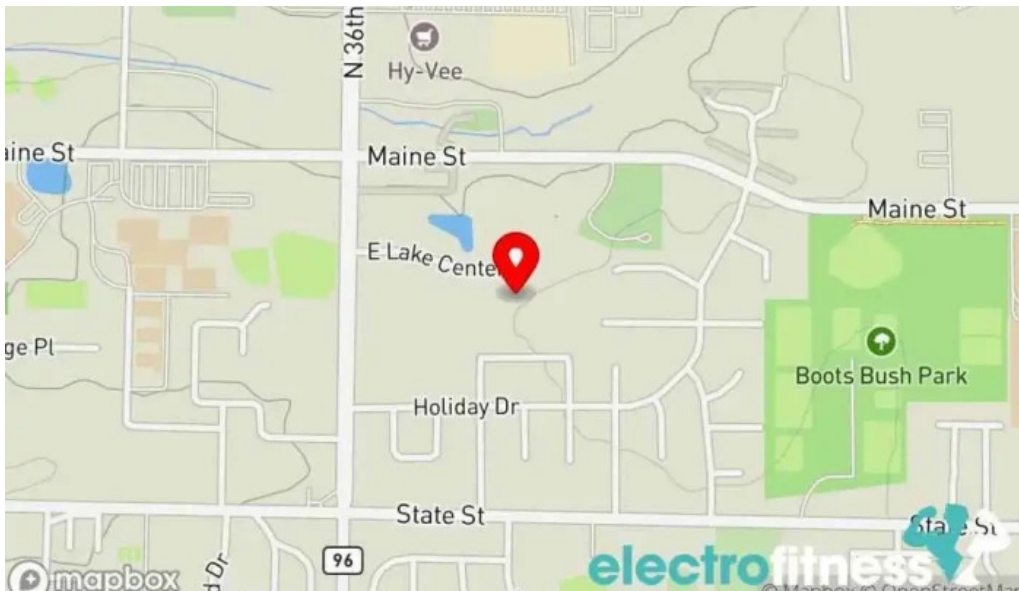
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