

Santa Fe Yoga Therapy - Santa Fe

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Santa Fe Yoga Therapy - Santa Fe

Discover Santa Fe Yoga Therapy: A Healing Haven in New Mexico

Santa Fe Yoga Therapy offers a unique blend of physical and mental wellness, making it an ideal destination for anyone looking to enhance their yoga practice. With options for both in-person and online classes, this studio caters to a diverse range of needs.

Online Classes: Flexibility at Your Fingertips

For those who cannot attend in person, Santa Fe Yoga Therapy provides online classes that allow students to practice from the comfort of their own

homes. This accessibility ensures that everyone can benefit from the expert guidance of Luna, whether they are local residents or visitors to Santa Fe.

A Commitment to Accessibility

Santa Fe Yoga Therapy is dedicated to making yoga available to all. The studio features several ****wheelchair-accessible amenities****, including: - ****Wheelchair-accessible entrance****: Ensures a welcoming environment for everyone. - ****Wheelchair-accessible car park****: Convenient parking for easy access. - ****Wheelchair-accessible toilet****: Essential facilities for all students. These thoughtful touches reflect the studio's commitment to inclusion, allowing everyone to partake in the healing benefits of yoga.

On-Site Services: Personal Attention Guaranteed

Luna's commitment to personalized instruction is evident in every class. Students report that she designs each session to ensure everyone participates fully, regardless of their individual needs. With a focus on core strength and flexibility, participants have expressed significant improvements in their physical well-being, preparing them for various life challenges.

Amenities That Enhance Your Experience

Aside from outstanding yoga instruction, the studio provides various ****amenities**** designed to create a comfortable atmosphere. Students have shared that the peaceful environment contributes greatly to their overall experience, resulting in better sleep and reduced anxiety.

Student Experiences: A Testament to Healing and Growth

Many students have found solace and healing through their yoga journey at Santa Fe Yoga Therapy. One participant shared, "I took Luna's Yoga therapy classes during the hardest time of my life... The practice was calming, relieving anxiety from my mind." Another noted, "Each class is a little different and NEVER boring," highlighting the dynamic nature of Luna's teachings. With her individualized approach, Luna fosters a supportive community where students feel encouraged to share their struggles and progress. As one student remarked, "Luna takes personal interest in her students," creating a challenging yet nurturing environment.

Join the Santa Fe Yoga Therapy Community

Whether you are seeking a way to strengthen your body, ease your mind, or simply find a welcoming space to practice yoga, Santa Fe Yoga Therapy is the perfect place for you. With its commitment to accessibility, a variety of service options, and the calming presence of Luna, you will find a holistic approach to wellness that meets your needs. Experience the transformative power of yoga today at Santa Fe Yoga Therapy!

You can find us in

1704 Llano St, 87505 Santa Fe, New Mexico - United States (US)

The phone of this **Yoga studio** is +1505-699-7797

And if you want to send a WhatsApp, you can do so at +1505-699-7797

Visit us during the following hours:

Day Hours
Monday
9?AM–5?PM
Tuesday
Closed
Wednesday
Closed
Thursday
4–5:15?PM
Friday
9?AM–5?PM
Saturday
9?AM–5?PM
Sunday
9?AM–5?PM

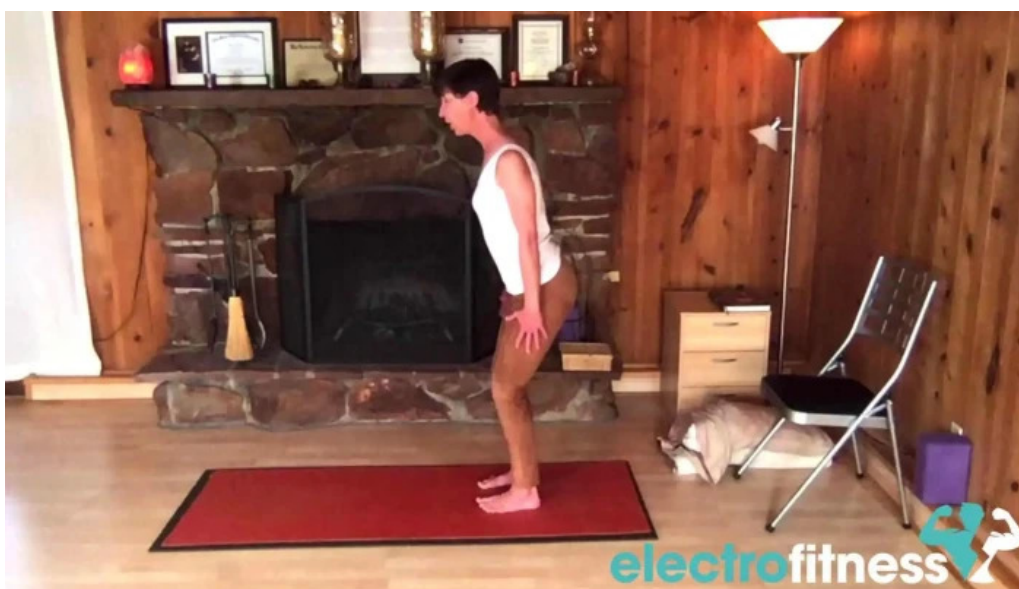
The website is Santa Fe Yoga Therapy

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With anticipation thanks.

Images



Santa fe yoga therapy yoga



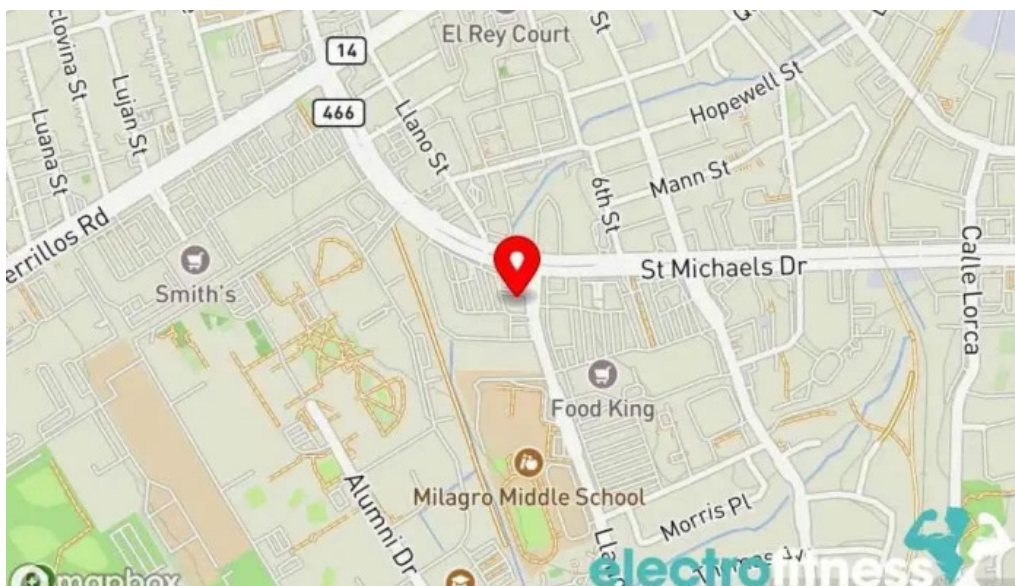
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Toilet, Online classes, Service options, Amenities, Wheelchair-accessible car park, Accessibility, Wheelchair-accessible toilet, On-site services, Wheelchair-accessible entrance

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