

## Yoga 1 Studio - Santa Fe

santa fe

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## Yoga 1 Studio - Santa Fe

### Discover Yoga 1 Studio in Santa Fe, New Mexico

Yoga 1 Studio is a hidden gem located in the heart of Santa Fe, offering a unique and welcoming atmosphere for all yoga enthusiasts. This studio is not just about yoga; it's a community that prioritizes accessibility, inclusivity, and personal growth.

### Service Options for Everyone

At Yoga 1 Studio, service options cater to a diverse crowd. Both on-site services and online classes are available, ensuring that everyone can

participate regardless of their circumstances. The studio also prides itself on being **\*\*LGBTQ+ friendly\*\*** and a **\*\*transgender safe space\*\***, creating an environment where all individuals feel respected and valued.

## **Accessibility Features**

Accessibility is a top priority at Yoga 1 Studio. The facility includes a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible toilet\*\***, allowing those with mobility challenges to enjoy yoga comfortably. Furthermore, the studio offers **\*\*gender-neutral toilets\*\***, promoting inclusivity for all genders.

## **A Welcoming Environment**

Yoga 1 Studio identifies as a women-owned business, with Susan Voorhees leading the way as an experienced and nurturing instructor. With over 25 years of teaching experience, she has cultivated an intimate space perfect for beginner and seasoned yogis alike. Many students appreciate her thoughtful approach, making each class feel like a personalized journey rather than a routine drill.

## **A Variety of Amenities**

In addition to yoga classes, Yoga 1 Studio boasts a variety of amenities that enhance the experience. The studio's tranquil atmosphere is complemented by the presence of a **\*\*swimming pool\*\***, which provides an additional avenue for relaxation and wellness.

## **What Students Say**

Feedback from students highlights the exceptional quality of instruction at Yoga 1 Studio. As one student noted, "Susan is an experienced and knowledgeable teacher who puts a lot of thought into how she approaches the class." Another remarked on the peaceful ambiance, stating, "The atmosphere was low key, calm, and loving." Such comments reflect the studio's commitment to providing a nurturing space for self-exploration and growth.

## **Join the Community**

Whether you are new to yoga or have years of experience, Yoga 1 Studio welcomes you with open arms. With a focus on alignment and the Iyengar tradition, each session promises to deepen your practice while fostering relaxation and strength. If you've been hesitant to start your yoga journey, this is the ideal place to begin. In summary, Yoga 1 Studio in Santa Fe offers a unique blend of accessibility, experience, and community spirit. Come and experience the warmth and guidance of Susan Voorhees and discover how yoga can transform your life.

## **The business is situated at**

*Classes are being held in person and online, 83 Placita de Oro APT 1, 87501 Santa Fe,*

New Mexico - United States (US)

The phone of said **Yoga studio** is +1505-982-7224

And if you want to send a WhatsApp, you can do so at +1505-982-7224

## **Our business hours are:**

Day Hours

Monday

*Closed*

Tuesday

*Closed*

Wednesday

9:30–11?AM

Thursday

9:30–10:30?AM

Friday

9:30–11?AM 4:15–5:15?PM

Saturday

9:30–10:30?AM

Sunday

9:30–10:30?AM

The website is Yoga 1 Studio

In case you want to change any information that you feel is not precise regarding this web, please forward a message and we will correct it as soon as possible. Thanks beforehand thanks for your cooperation.

## **Images**



*Yoga 1 studio yoga*

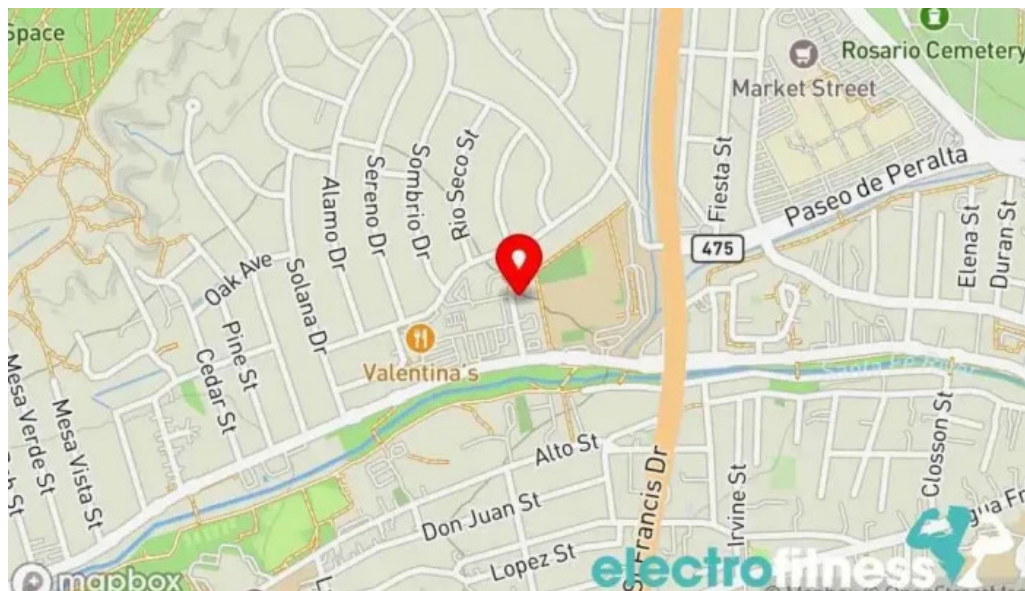


*Yoga 1 studio street view 360deg*

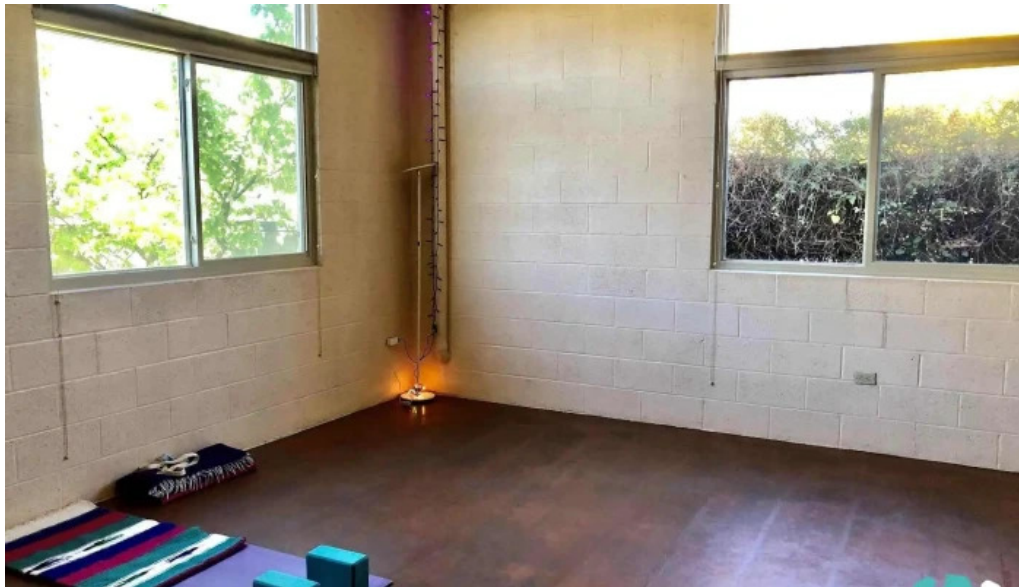




*Yoga 1 studio santa fe*



*Yoga 1 studio map*



*Yoga 1 studio by owner*



*Yoga 1 studio all*

## Tags

*Wheelchair-accessible toilet, From the business, Gender-neutral toilets, Online classes, Identifies as women-owned, LGBTQ+ friendly, Amenities, Accessibility, On-site services, Swimming pool, Service options, Transgender safe space, Crowd, Toilet, Wheelchair-accessible car park*

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**4.9 \*** *Zen Well Studio - White Plains*

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4.9 *	<i>Align Yoga - Pleasant Hill</i>
3.4 *	<i>Hope Yoga Studio - Dartmouth</i>
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5.0 *	<i>Quest Fitness &amp; Yoga Studio - Gettysburg</i>
4.6 *	<i>Gs Yoga - Nassawadox</i>
5.0 *	<i>Mystic Meadows Yoga - Kirksville</i>

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basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space



cultural center
dance company
dance school
day spa
dollar store
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
food producer
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization



nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
sauna
school district office
self defense school
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer

yoga instructor
yoga studio
youth organization