



SHARE new mexico™

Yoga Santa Fe

We are dedicated to providing a cozy, serene environment where our Kundalini Yoga classes use movement, breath, sound (mantra) and meditation to help you to relieve your stress, increase your vitality, balance your mind and uplift your spirit. Yoga Santa Fe is committed to support you in your journey to healthy, happy and holy yogic living. We offer our support to take your yoga off the mat and start living it with each breath, in the following ways: -Daily classes taught by highly experienced teachers -Monthly workshops and special events to help deepen your understanding and experience of yogic living -Serving yogi tea after class, because it tastes so good and it creates community -GRD Health Clinic situated in the same building, offers a menu of Chiropractic, Yogic Energy Healing, Acupuncture, Massage, and Colon Hydrotherapy -Organic food at the Cleanse, right next door -Products offered at the Yoga Santa Fe store to enhance your practice and enrich your life -Early morning practice on Wednesday and Sunday at 5:30, free of charge -Education on how to green your life

Details

Services

Spiritual Enrichment/Places of Worship Alt/Traditional/Specialty Treatment Health
Support/Education/Insurance

Locations

*1505 Llano St.
Santa Fe, NM 87505*

Phone: (505) 982-6369

Geographic Area Served: Santa Fe County

Parent Organization

Purest Potential

Yoga, chiropractic care and acupuncture are among the services offered.

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<http://purestpotential.com/>