

Mindful Movement Dc - Washington

washington

☐ I'm not a robot



RECAPTCHA

Published on: 16/04/25	Hits: 56
Comments: 0	See comments
Votes: 7	Score: 5

https://www.electrofitness.com/physical-fitness-program/washington/mindful-movement-dc-washington_208272.php



washington

Mindful Movement Dc - Washington

Discover Mindful Movement DC: A Unique Physical Fitness Program

Nestled in the vibrant Adams Morgan neighborhood of Washington, D.C., ****Mindful Movement DC**** offers an inspiring atmosphere for both yoga enthusiasts and those new to physical fitness. With a focus on holistic well-being, this studio is dedicated to promoting mindful practices through innovative training methods.

Online Classes: Accessible Wellness

In response to today's dynamic lifestyle, Mindful Movement DC provides ****online classes**** that make fitness accessible to everyone. Whether you're at home or on the go, Rachel's carefully crafted sessions ensure you remain connected to your practice. The online format supports a diverse range of participants, making it easy to join from anywhere while receiving personalized guidance.

A Community-Focused Approach

Rachel, the founder and lead instructor, has garnered a loyal following since 2017. Known for her ****thoughtful**** and ****inclusive**** teaching style, she seamlessly blends various yoga practices into her flow classes. Students often leave feeling relaxed and refreshed, a testament to Rachel's ability to create a magical experience that transcends traditional yoga.

Service Options: Tailored to Your Needs

Mindful Movement DC isn't just about yoga; it offers a variety of ****service options**** designed to meet individual needs. From semi-private strength training sessions to customized yoga retreats, there are opportunities for every level of fitness. Rachel's creativity shines through as she crafts asanas that challenge both the body and the spirit, ensuring a comprehensive workout experience.

Building Community Through Movement

One of the standout features of Mindful Movement DC is its commitment to community building. Participants often emphasize the supportive environment fostered by Rachel, which not only encourages personal growth but also strengthens connections among members. Students have shared their experiences of feeling empowered and inspired while navigating their fitness journeys together.

Why Choose Mindful Movement DC?

Choosing Mindful Movement DC means engaging with a caring and informed practitioner. Rachel's dedication to her students is evident in every class, where she personalizes instruction to meet each individual's needs. Her approach not only transforms workouts but also cultivates trust in one's body, leading to lasting results. With positive testimonials highlighting the transformative power of Rachel's teaching, it's clear that Mindful Movement DC is more than just a fitness program; it's a nurturing space where individuals can thrive. Join the community today, whether in-person or online, and experience the brilliance of ****Mindful Movement DC**** for yourself!

The location of our business is in

1752 Columbia Rd NW Suite 2, 20009 Washington, District of Columbia - United States (US)

The contact line of the mentioned **Physical fitness program** is +1410-905-1703
And if you want to send a WhatsApp, you can do so at +1410-905-1703

Visit us during the following hours:

Day Hours
Monday
8?AM–7:30?PM
Tuesday
7:30?AM–7:30?PM
Wednesday
8?AM–8?PM
Thursday
8?AM–7?PM
Friday
9?AM–2?PM
Saturday
Closed
Sunday
9?AM–8?PM

The website is Mindful Movement DC

In case you want to change any data that you feel is not precise related to this page, we ask deliver a message so that we will correct it as soon as possible. With anticipation thanks.

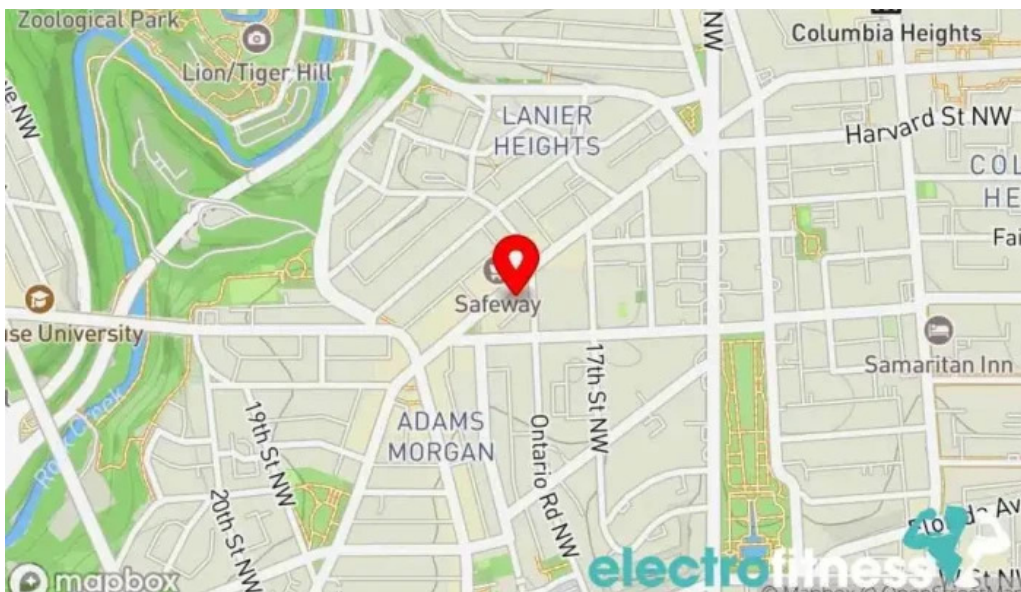
Images



Mindful movement dc washington



Mindful movement dc street view 360deg



Mindful movement dc map



Mindful movement dc by owner



Mindful movement dc all

Tags

Online classes, Service options

Related content

4.5 * *Fort Washington Forest Community Center - Fort Washington*

4.7 * *Path Movement - Littleton*

5.0 * *Elevate Movement and Strength - Acworth*

5.0 * *The Movement Lab - Youngsville*

5.0 *	<i>Integrated Movement - Valparaíso</i>
5.0 *	<i>Core Balance Movement - Concord</i>
5.0 *	<i>Poppy Movement & Wellness - Walnut Creek</i>
5.0 *	<i>Adaptive Fitness & Movement - Acton</i>
4.1 *	<i>Washington St. Gym - Aberdeen</i>
4.5 *	<i>Planet Fitness - Fort Washington</i>

Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
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
meditation center
non-profit organization
nutritionist
park
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
school district office
self defense school
shooting range

shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization