

## Gaia Flow Yoga Addison - Addison

addison

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*addison*

## *Gaia Flow Yoga Addison - Addison*

### Welcome to Gaia Flow Yoga in Addison, Texas

Located in the heart of Addison, Georgia Flow Yoga is a sanctuary for yoga enthusiasts of all levels. With a unique blend of **community spirit** and exceptional instruction, this studio has gained rave reviews from locals and visitors alike.

### Accessibility Features

Gaia Flow Yoga is committed to making yoga available to everyone. The studio features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that all individuals can access this transformative space without barriers. Additionally, the studio includes a **wheelchair-accessible toilet** to cater to all visitor needs.

## **Amenities and Service Options**

The inviting atmosphere of Gaia Flow Yoga is complemented by various **amenities** designed to enhance your experience. A shared bathroom is available, along with cubbies for personal items. While the studio does not have a locker room, it encourages a communal vibe where everyone feels at home. For those unable to visit in person, Gaia Flow Yoga offers **online classes**, allowing you to enjoy their exceptional instruction from the comfort of your own home. This flexibility makes it easier for everyone to participate in yoga practice, regardless of their schedule or location.

## **Transformative Classes for Everyone**

At Gaia Flow Yoga, each class is carefully crafted to ensure students improve not only their physical strength and flexibility but also their mindfulness and emotional well-being. From beginners to advanced practitioners, the classes accommodate all levels, with instructors providing personalized attention and support.

Many visitors rave about the variety of classes offered, including popular options like Ocean and Mountain, which challenge students while ensuring a welcoming environment. One satisfied yogi stated, "I always leave feeling better than I did when I came into the class!" highlighting the studio's commitment to creating positive experiences.

## **A Community Like No Other**

What truly sets Gaia Flow Yoga apart is its sense of community. Students often mention how instructors foster a welcoming and friendly atmosphere, where everyone is encouraged to share good news and connect with one another. As one reviewer noted, "Gaia also feels like an actual community," emphasizing the strong bonds formed within the studio.

## **Instructor Excellence**

The skilled instructors at Gaia Flow Yoga play a pivotal role in shaping the enriching experience for students. With an array of teaching styles and backgrounds, each instructor brings something unique to every class. Reviewers have frequently praised the dedication and attentiveness of the

instructors, stating, "They help you with your practice" and "provide foundational insights with each yama."

## Final Thoughts

If you're searching for a welcoming, accessible, and community-focused yoga studio in Addison, look no further than Gaia Flow Yoga. Whether you're a first-timer or a seasoned yogi, you'll find a place to grow, learn, and connect. With its outstanding instructors and inclusive environment, Gaia Flow Yoga promises to be more than just a studio—it will become your yoga home.

## We are positioned at

15520 Spectrum Dr, 75001 Addison, Texas - United States (US)

The contact line of the respective **Yoga studio** is +1214-235-1153

And if you want to send a WhatsApp, you can do so at +1214-235-1153

## Visit us during the following hours:

Day Hours  
Monday

6?AM–9?PM

Tuesday

6?AM–7:30?PM

Wednesday

9?AM–7?PM

Thursday

9?AM–8:30?PM

Friday

6?AM–9?PM

Saturday

6?AM–9?PM

Sunday

6?AM–9?PM

The website is Gaia Flow Yoga Addison

If necessary to adjust any data that you consider is not accurate regarding this page, we kindly request forward a message and we will fix it as soon as possible. In advance thanks for your cooperation.

## Images



*Gaia flow yoga addison yoga*



*Gaia flow yoga addison yoga studio*



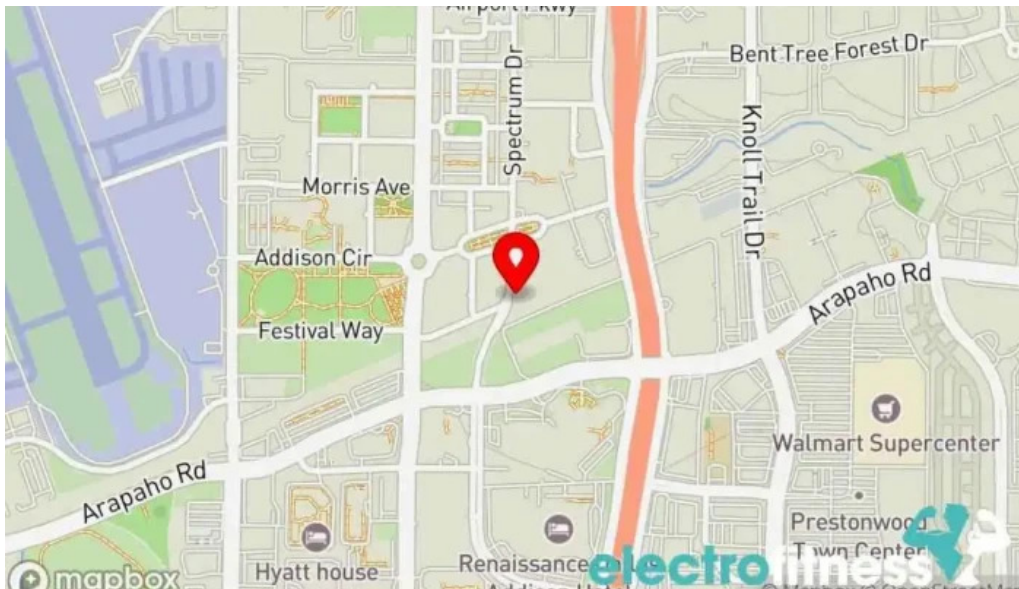
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## Tags

*Wheelchair-accessible entrance, Accessibility, Amenities, Toilet, Wheelchair-accessible car park, Service options, Online classes, Wheelchair-accessible toilet*

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**4.5 \*** *CorePower Yoga - Park Meadows - Centennial*

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**5.0 \*** *Sc Faith Yoga - Abbeville*

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**4.9 \*** *Abilene Yoga House + - Abilene*

<b>4.0 *</b>	<i>Sage Yoga Center - Abilene</i>
<b>5.0 *</b>	<i>Raga Yoga - Walnut Creek</i>
<b>5.0 *</b>	<i>Yoga Es Vida - New Bedford</i>
<b>4.9 *</b>	<i>Align Yoga - Pleasant Hill</i>
<b>4.9 *</b>	<i>Sumits Yoga DTC/Inverness - Englewood</i>
<b>4.9 *</b>	<i>Shabach Yoga Studio - Waldorf</i>

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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