

Lift Yoga Alpharetta - Alpharetta

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Welcome to Lift Yoga Alpharetta

Lift Yoga, located in Alpharetta, Georgia, is more than just a yoga studio; it's a community where individuals of all backgrounds and skill levels can come together to enhance their physical and mental well-being. With a ****wheelchair-accessible entrance**** and facilities, this studio prioritizes ****accessibility**** for everyone.

A Variety of Classes and Services

At Lift Yoga, you'll find an impressive range of class options that cater to

various interests and abilities. From the invigorating **hot yoga** to calming **restorative yoga**, this studio has something for everyone. Many students have praised the **Science of Stretching**, **Roll and Restore**, and even the unique **barre classes** that combine strength training with traditional yoga practices.

Convenience and Comfort

The studio offers several **amenities**, including a **wheelchair-accessible car park**, **gender-neutral toilets**, and a **wheelchair-accessible toilet**. Appointments are recommended for certain classes, and you can also join **online classes** if you prefer practicing from home. The facility includes a clean and serene atmosphere that many students describe as welcoming and friendly.

A Welcoming Community for All

Students frequently mention the outstanding support from instructors who create a positive, non-judgmental environment. Whether you're new to yoga or have experience, all levels are embraced here. Kids are also welcome, making it a **good choice for families** looking to practice together.

The Experience at Lift Yoga

Feedback from the community highlights the warm and inviting nature of the studio. Many have noted how the instructors take the time to learn about their students' needs, providing tailored guidance and modifications where necessary. Reviews mention how attending classes has not only improved their physical health but also contributed to overall mental wellness.

Additional Features

In addition to regular classes, Lift Yoga hosts special events and offers trial periods for new members. Their **monthly membership** options are praised for being affordable and giving access to a diverse range of classes. Students often share stories of transformation, both physically and mentally, attributing their progress to the supportive Lift Yoga community.

Final Thoughts

If you are searching for a yoga studio that feels like home, **Lift Yoga Alpharetta** is an excellent choice. With its **friendly instructors**, **inclusive atmosphere**, and **variety of class offerings**, it stands out as a top destination for yoga enthusiasts in Georgia. Whether you aim to challenge yourself in a hot yoga class or find peace in a restorative session, Lift Yoga invites you to join their vibrant community. Make your appointment today and embark on your journey towards better health and wellness!

Our address is

Entrance at back of building, 501 S Main St, 30009 Alpharetta, Georgia - United States (US)

The website is [Lift Yoga Alpharetta](#)

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Images



Lift yoga alpharetta yoga



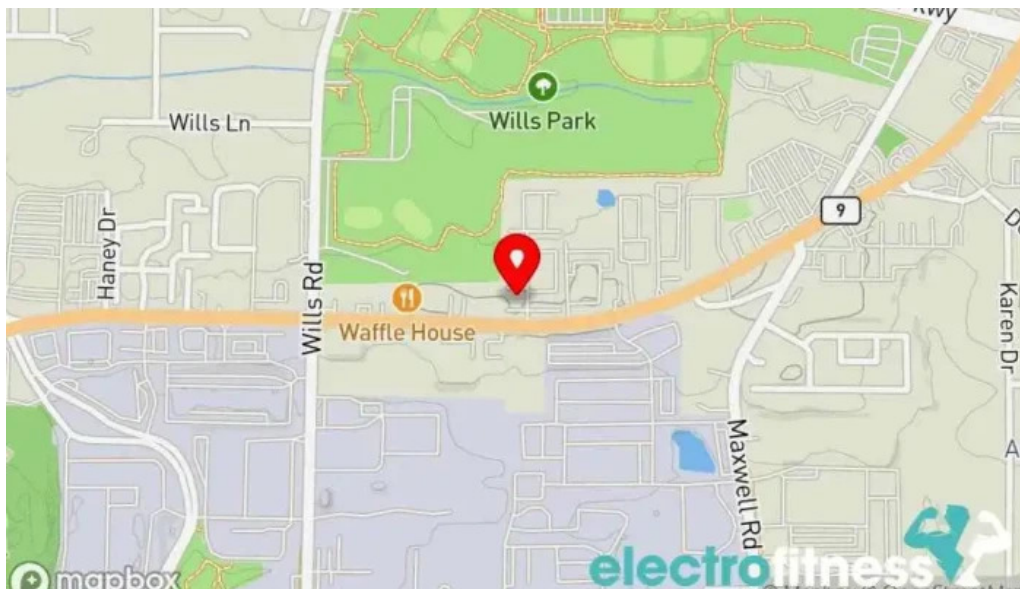
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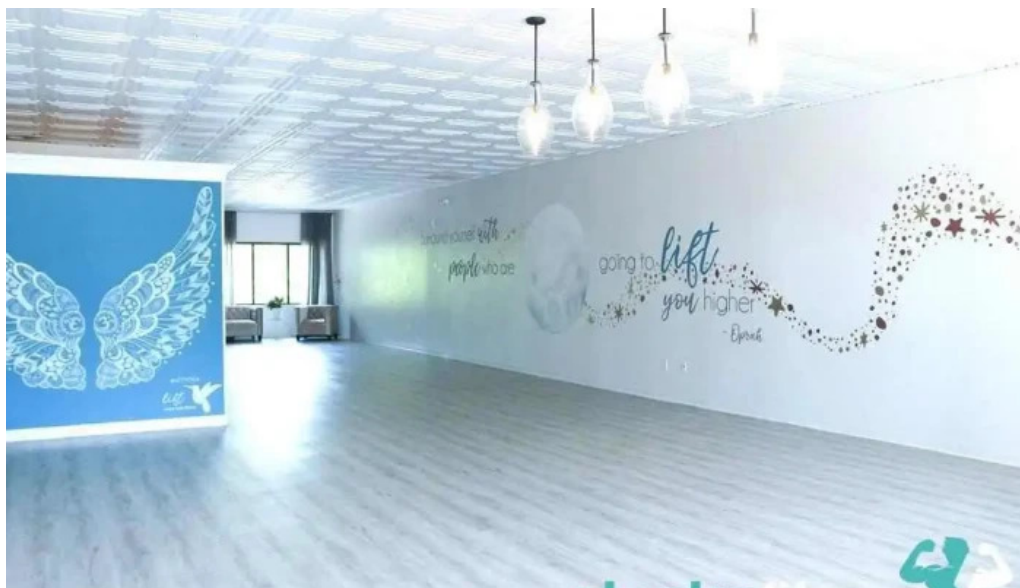
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Tags

Wheelchair-accessible entrance, Wheelchair-accessible car park, Online classes, Accessibility, Good for kids, Amenities, On-site services, Toilet, Appointments recommended, Planning, Appointment required, Swimming pool, Children, Identifies as women-owned, Gender-neutral toilets, From the business, Wheelchair-accessible toilet, Service options

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