

Breath of Life: Yoga with Jocelyn Lee Wright - Bloomsburg

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Breath of Life: Yoga with Jocelyn Lee Wright - Bloomsburg

Discover Breath of Life: Yoga with Jocelyn Lee Wright

Breath of Life Yoga, located in Bloomsburg, Pennsylvania, offers a transformative yoga experience led by the incredible Jocelyn Lee Wright. This studio is not only known for its warm and welcoming atmosphere but also for its commitment to inclusivity and accessibility.

Online Classes and Flexible Service Options

For those unable to attend in person, ****online classes**** are available, allowing

everyone to experience the healing power of yoga from the comfort of their homes. Whether you're part of the **active military** community or looking for a family-friendly environment, Breath of Life Yoga caters to all with tailored offerings.

A Welcoming Space for Everyone

Breath of Life Yoga identifies as a **women-owned** studio, making it a proud advocate for diversity and inclusion. It is an **LGBTQ+ friendly** space that provides a **transgender safe space** and ensures everyone feels accepted and valued. The studio is designed with accessibility in mind, featuring a **wheelchair-accessible car park** and **free parking lot** to accommodate all visitors.

Planning Your Visit

When planning your visit, please note that an **appointment is required** for classes and sessions. Facilities include a **toilet** and ample space for **children**, making it a great choice for families.

A Rich Experience for All Levels

Jocelyn's teaching style is described as nurturing and intuitive. Her classes incorporate beginning and intermediate moves that focus on breath and body connection. Reviewers rave about how her calming presence and extensive knowledge elevate each session, ensuring individuals leave feeling relaxed and rejuvenated.

Highlights of Breath of Life Yoga

1. **Individualized Attention**: Jocelyn takes the time to understand each participant's needs, offering variations and support tailored to their unique bodies. 2. **Community and Connection**: The supportive environment creates a sense of community among attendees, fostering meaningful connections. 3. **Holistic Approach**: Each class integrates physical movement with mindfulness, promoting overall well-being. 4. **Outdoor Services**: Enjoy the tranquility of practicing yoga outdoors when weather permits, enhancing your connection with nature.

A Perfect Place for Healing and Growth

Many clients describe their experiences at Breath of Life Yoga as life-changing. Whether you are recovering from an injury, looking to improve your physical health, or seeking mental clarity, Jocelyn provides a nurturing space where growth can flourish. In a world filled with options, Breath of Life Yoga stands out not just for its knowledgeable instructor but for its genuine commitment to each individual's journey. Don't hesitate—reach out today to book your session and discover the transformative effects of yoga!

The address of our establishment is

1235 Columbia Blvd, 17815 Bloomsburg, Pennsylvania - United States (US)

Our opening hours are:

Day Hours
Monday
9?AM–9?PM
Tuesday
Closed
Wednesday
Closed
Thursday
9?AM–9?PM
Friday
9?AM–9?PM
Saturday
9?AM–9?PM
Sunday
9?AM–9?PM

The website is Breath of Life: Yoga with Jocelyn Lee Wright

If necessary to update any information that you feel is incorrect about this web, we urge you to send a message so we can we will correct it quickly.
Thanks beforehand thank you very much.

Images



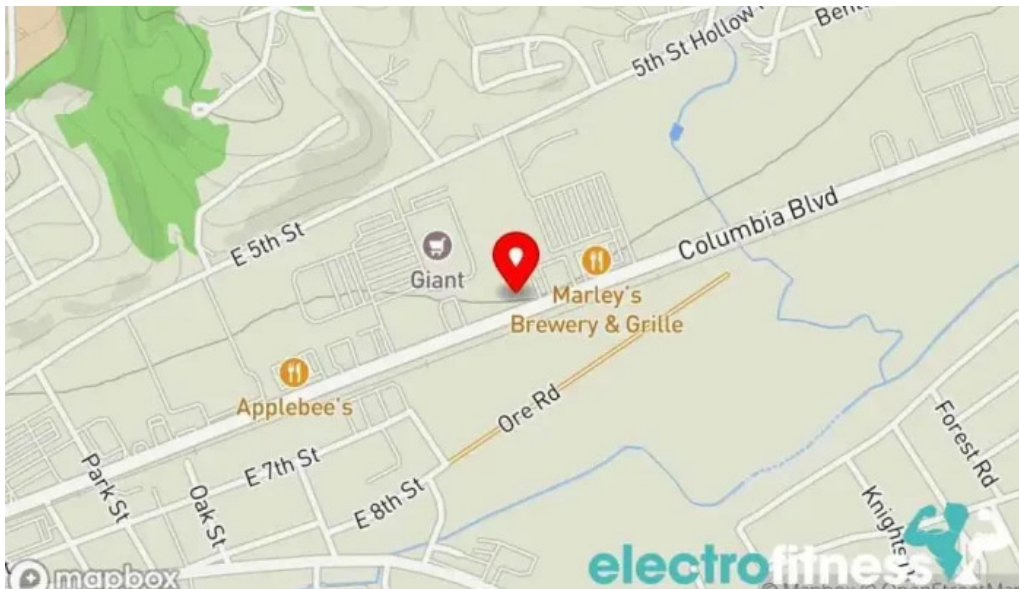
Breath of life yoga with jocelyn lee wright yoga



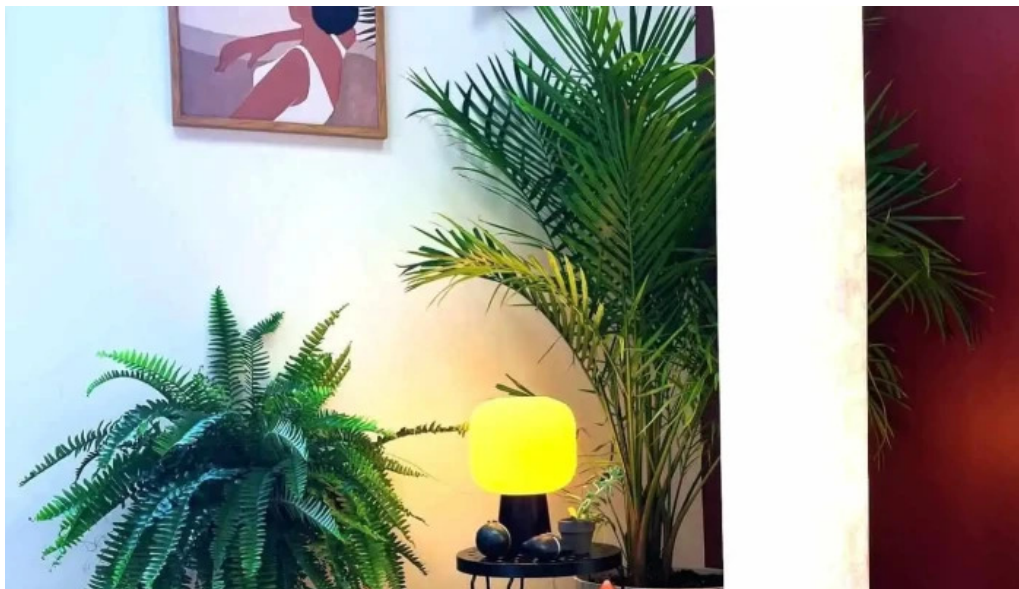
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Breath of life yoga with jocelyn lee wright street view 360deg



Breath of life yoga with jocelyn lee wright map



Breath of life yoga with jocelyn lee wright by owner

Breath of Life: Yoga with Jocelyn Lee Wright

Every Tuesday + Wednesday

7:00-8:15 PM



The Blind Pig Kitchen



Comment “yoga” for the link to sign up!



Breath of life yoga with jocelyn lee wright bloomsburg



Breath of life yoga with jocelyn lee wright all

Tags

On-site services, Good for kids, Parking, Free parking lot, Active military discounts, Outdoor services, Wheelchair-accessible car park, Online classes, Toilet, Children, Crowd, Highlights, Amenities, Service options, From the business, Identifies as women-owned, Accessibility, Appointment required, LGBTQ+ friendly, Planning, Transgender safe space

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dollar store
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