

Asha Yoga - Cave City

cave city

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https://www.electrofitness.com/yoga-studio/cave-city/asha-yoga-cave-city_288759.php



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Welcome to Asha Yoga: A Hidden Gem in Cave City, Kentucky

Asha Yoga is a **women-owned yoga studio** located in the heart of Cave City. Offering a variety of classes suitable for all levels, this studio is known for its supportive and inspiring environment. Whether you are a beginner or an experienced practitioner, Asha Yoga aims to accommodate everyone.

Class Experience

Many students have expressed their satisfaction with the instruction they receive at Asha Yoga. One participant shared, "I've been taking Ashtanga sessions with Hope, and I'm consistently impressed with her teaching style." The clarity and patience of the instructors make challenging poses more attainable, allowing practitioners to leave feeling relaxed, grounded, and energized.

Accessibility for Everyone

Asha Yoga takes pride in being **accessible** to all individuals. The studio features a **wheelchair-accessible car park**, ensuring that everyone can enjoy their yoga journey without barriers. Additionally, the facility includes a **wheelchair-accessible toilet**, making the space welcoming for those with mobility challenges.

Amenities That Enhance Your Experience

The studio offers a range of **amenities** designed to enhance the yoga experience. From ample parking to a relaxing atmosphere, it's clear that student comfort and convenience are priorities at Asha Yoga. The positive energy and tranquil space create the perfect setting for practice.

From the Business

Asha Yoga not only focuses on physical well-being but also emphasizes mental and emotional growth. Students often describe feeling more connected to their bodies and minds after attending classes. "I always feel like I've learned more about myself," one participant noted, highlighting the personal journey that yoga facilitates.

Conclusion: Why Choose Asha Yoga?

Asha Yoga stands out in Cave City as a sanctuary for yoga enthusiasts. With dedicated instructors, a welcoming atmosphere, and commitment to accessibility, it's a place where everyone can thrive. If you're looking for a transformative yoga experience, look no further than Asha Yoga—where every class invites you to connect deeply with yourself and grow in your journey.

You can find us at

103 Broadway St, 42127 Cave City, Kentucky - United States (US)

The phone of the mentioned **Yoga studio** is +1270-372-3033
And if you want to send a WhatsApp, you can do so at +1270-372-3033

You can visit us at the following hours:

Day Hours
Monday

Closed

Tuesday

11?AM–2?PM

Wednesday

11?AM–2?PM

Thursday

10?AM–4?PM

Friday

10?AM–6?PM

Saturday

12–4?PM

Sunday

Closed

The website is [Asha Yoga](#)

If you need to update any information that you think is not precise about this portal, we kindly request forward a message and we will handle it quickly. With anticipation we appreciate it.

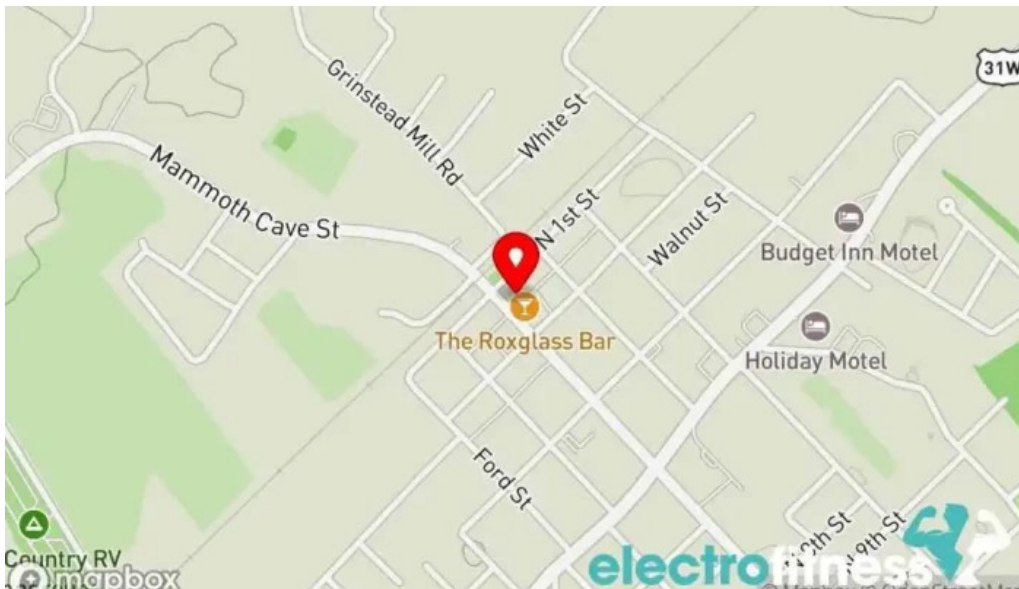
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Asha yoga videos



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Tags

Accessibility, Wheelchair-accessible car park, From the business, Amenities, Toilet, Wheelchair-accessible toilet, Identifies as women-owned

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| hair salon |
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| health food restaurant |
| health food store |
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| karate school |
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