

## Body & Brain Yoga Tai Chi - Closter

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## *Body & Brain Yoga Tai Chi - Closter*

### **Discover Body & Brain Yoga Tai Chi: A Holistic Wellness Center in Closter, New Jersey**

Body & Brain Yoga Tai Chi stands out as a unique wellness sanctuary located in Closter, New Jersey. With a variety of offerings that cater to both physical and mental well-being, this center promotes a holistic approach to health.

### **A Range of Amenities for a Comprehensive Experience**

At Body & Brain Yoga Tai Chi, you will find various **\*\*amenities\*\*** designed to enhance your visit. The facility includes state-of-the-art **\*\*sauna\*\*** options, such

as Himalayan salt and infrared saunas, allowing members to relax and detoxify. Additionally, members can enjoy a refreshing **swimming pool**, perfect for low-impact exercise and relaxation.

### **Accessibility for Everyone**

Understanding the importance of **accessibility**, Body & Brain Yoga Tai Chi is equipped with a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can benefit from their services. This attention to detail reflects the center's commitment to inclusivity and wellness for all.

### **On-Site Services and Recommendations**

The center offers a variety of **on-site services** including personalized healing sessions and spiritual workshops, tailored to meet diverse needs. Participants recommend making **appointments** in advance to ensure they receive the full benefits of these specialized sessions. It's also advisable for new members to plan their visits in accordance with class schedules for optimal experiences.

### **Holistic Offerings to Enhance Your Well-being**

With an array of **service options**, Body & Brain Yoga Tai Chi provides classes that combine yoga, tai chi, and energy work, promoting flexibility and mental clarity. Members have noted improvements in their energy levels, focus, and overall happiness since attending classes.

### **An Inviting Atmosphere**

Visitors consistently comment on the warm, welcoming atmosphere at Body & Brain Yoga Tai Chi. Staff members are described as supportive, knowledgeable, and genuinely caring about each individual's journey towards wellness. Whether you are seeking relief from stress or looking to enhance your physical fitness, this center fosters a sense of community that feels like family.

### **Stay Connected with Wi-Fi**

For those who wish to stay connected, Body & Brain Yoga Tai Chi offers complimentary **Wi-Fi** throughout the facility. This feature allows members to share their experiences and integrate their practice into their daily lives seamlessly.

### **Final Thoughts**

Whether you are new to yoga and tai chi or an experienced practitioner, Body & Brain Yoga Tai Chi in Closter, New Jersey, offers a comprehensive environment to enhance your physical, mental, and spiritual well-being. With their exceptional amenities, accessibility features, and dedicated staff, it's no wonder so many members consider this center a vital part of their health

journey. Visit today and discover the transformative power of Body & Brain Yoga Tai Chi!

**You can find us in**

111 Homans Ave, 07624 Closter, New Jersey - United States (US)

The phone number of the respective **Yoga studio** is +1201-784-1300

And if you want to send a WhatsApp, you can do so at +1201-784-1300

**We open at the following schedule:**

Day	Hours
Monday	10:30?AM–2?PM
Tuesday	8:30?AM–7?PM
Wednesday	10?AM–7?PM
Thursday	8:30?AM–7?PM
Friday	10?AM–7?PM
Saturday	Closed
Sunday	8:30?AM–6?PM

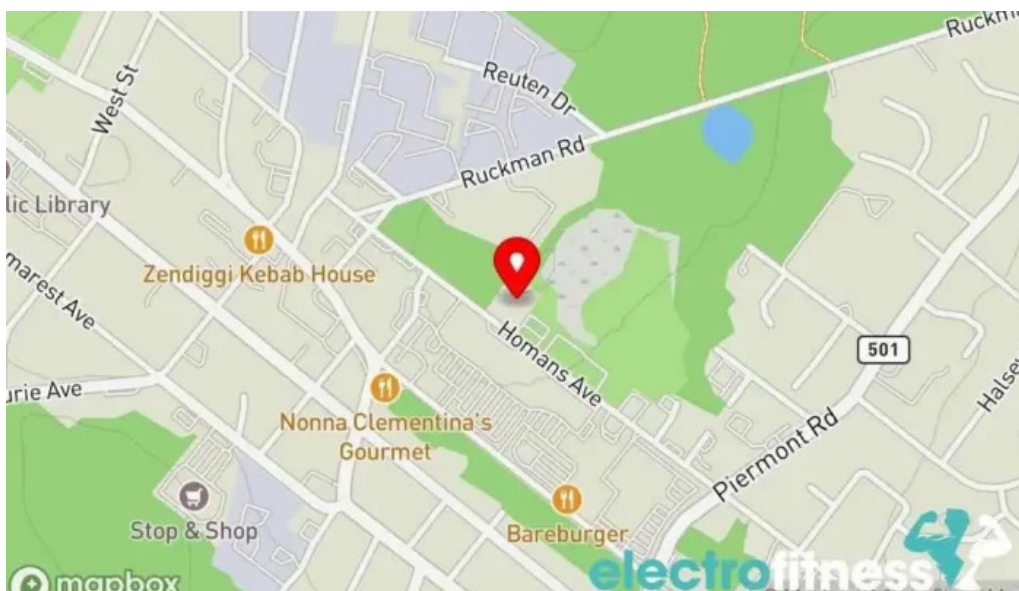
The website is Body & Brain Yoga Tai Chi

If necessary to adjust any data that you think is incorrect about this page, please forward a message and we will fix it at the earliest convenience. With anticipation thank you very much.

**Images**



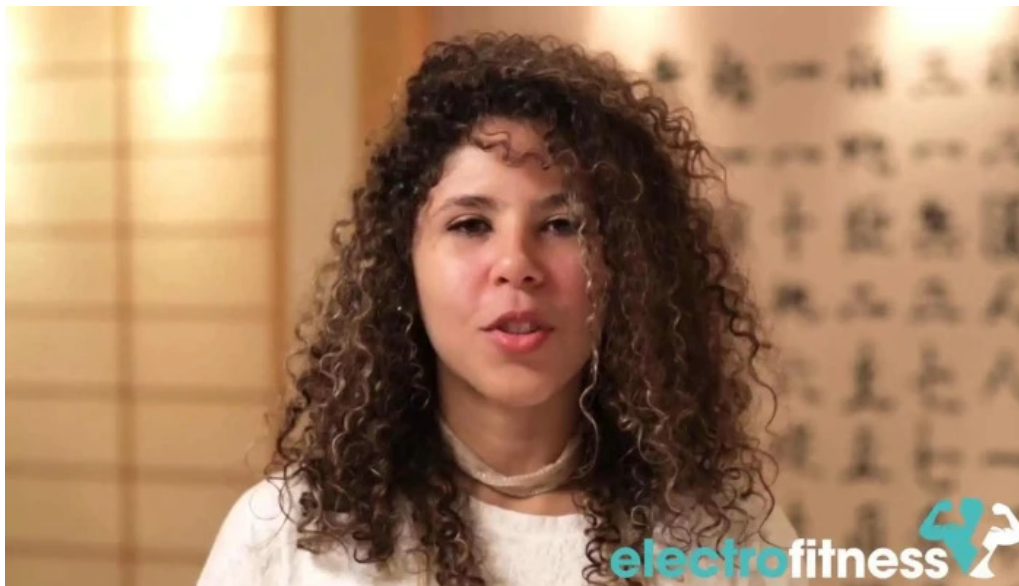
*Body brain yoga tai chi street view 360deg*



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## Tags

*Swimming pool, Appointments recommended, Offerings, On-site services, Amenities, Planning, Wheelchair-accessible car park, Wi-Fi, Accessibility, Service options, Toilet, Sauna, Wheelchair-accessible entrance*

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exercise equipment store
facial spa
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fitness
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fitness equipment wholesaler
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foot care
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golf club
golf course
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gymnasium school
gymnastics center
gymnastics club
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health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
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kennel
kickboxing school
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martial arts school
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pharmacy
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physical therapist
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private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
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