

## Lake Champlain Yoga & Wellness - Essex

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### *Lake Champlain Yoga & Wellness - Essex*

#### **Welcome to Lake Champlain Yoga & Wellness**

Located in beautiful Essex, New York, **Lake Champlain Yoga & Wellness** is not just a yoga studio; it is a sanctuary for wellness and fitness enthusiasts. This women-owned studio offers a variety of services and amenities designed to cater to the diverse needs of its community.

#### **Accessibility Features**

At Lake Champlain Yoga & Wellness, accessibility is a top priority. The studio boasts **wheelchair-accessible seating** and a **wheelchair-accessible entrance**, ensuring that everyone can partake in the relaxing and restorative benefits of yoga. Additionally, the **wheelchair-accessible car park** simplifies the arrival process for those who require extra assistance.

## Service Options and Amenities

This studio offers multiple **service options** including online classes for those who prefer practicing from home. For those who attend in person, there is **on-site parking** available, as well as **free-of-charge street parking**. You can expect a variety of classes that are not only great for adults but also **good for kids**, making it an ideal destination for families.

## A Welcoming Environment

Lake Champlain Yoga & Wellness proudly identifies as a **transgender safe space** and is **LGBTQ+ friendly**, fostering an inclusive atmosphere for all individuals. The studio also features **gender-neutral toilets** for added comfort and accessibility.

## Highlights of the Studio

The feedback from visitors speaks volumes about the **highlights** of this yoga studio. One attendee mentioned how accommodating the staff, Chris and Lexi, were during their visit, highlighting the **outstanding experience** they provided. With classes in yoga and Pilates, participants have enjoyed both intense workouts and peaceful relaxation.

## Planning Your Visit

To make the most of your visit, it is advisable to check the class schedule through the website or the front window of the studio. An **appointment is required** for certain on-site services, ensuring personalized attention. The crowd is typically welcoming, providing a supportive community for all.

## Special Offers

For individuals serving in the military, the studio offers **active military discounts**, making wellness more accessible to those who serve. With **Wi-Fi** available for guests and various outdoor services, Lake Champlain Yoga & Wellness is poised to meet your fitness and relaxation needs.

## Conclusion

Whether you are a local resident or visiting Essex, NY, Lake Champlain Yoga & Wellness promises an enriching experience. From its exemplary instructors to its accommodating facilities, this studio has everything you need to enhance your health and well-being.

### **You will find us at**

2885 Essex Rd, 12936 Essex, New York - United States (US)

The contact line of the mentioned **Yoga studio** is +1888-529-9642

And if you want to send a WhatsApp, you can do so at +1888-529-9642

### **Our opening hours are:**

Day	Hours
Monday	8?AM–8?PM
Tuesday	8?AM–8?PM
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	8?AM–8?PM
Saturday	8?AM–8?PM
Sunday	8?AM–8?PM

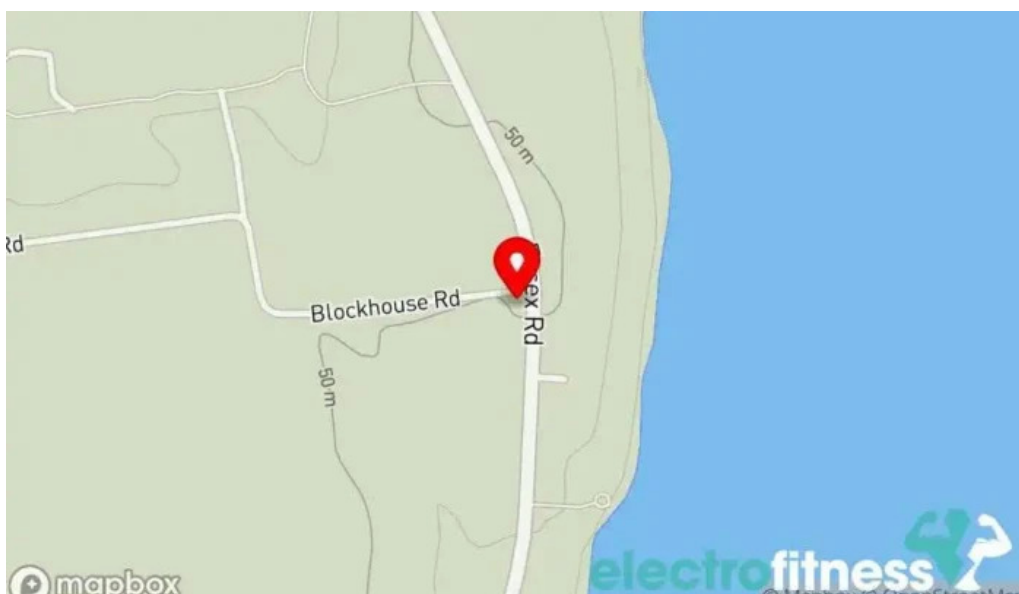
The website is Lake Champlain Yoga & Wellness

If you need to modify any information that you consider is not accurate concerning this web, please send us a message so we can we will adjust it quickly. Thank you in advance we appreciate it.

## **Images**



*Lake champlain yoga wellness street view 360deg*



*Lake champlain yoga wellness map*



*Lake champlain yoga wellness essex*



*Lake champlain yoga wellness by owner*





*Lake champlain yoga wellness all*

## Tags

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

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chiropractor
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country club
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dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
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health consultant
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health spa
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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



summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization