

Pranayoga Institute of Yoga and Holistic Health - Fort Wayne

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Pranayoga Institute of Yoga and Holistic Health - Fort Wayne

Discovering Pranayoga Institute of Yoga and Holistic Health

Pranayoga Institute, located in Fort Wayne, Indiana, is not just a yoga studio; it's a sanctuary for those seeking healing, connection, and personal growth. With its diverse offerings and welcoming environment, Pranayoga stands out as a premier destination for yoga enthusiasts of all levels.

Accessibility Features

Pranayoga ensures that everyone can enjoy the benefits of yoga with features such as a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. Additionally, the studio is equipped with a **wheelchair-accessible toilet**, making it a comfortable space for all participants.

Service Options and Amenities

At Pranayoga, various **service options** are available, including on-site services and **online classes** that cater to your schedule. Students can benefit from a swimming pool that enhances their overall wellness experience. The studio's commitment to accessibility and convenience is reflected in its thoughtful amenities, ensuring every visitor feels valued and cared for.

Planning Your Visit

Before visiting, it's important to note that an **appointment may be required** for certain sessions. This allows the team to provide personalized attention and support to each participant. Whether you're looking to join a group class or seek 1:1 sessions, planning ahead will enhance your experience.

What Makes Pranayoga Unique?

The feedback from individuals who have experienced Pranayoga speaks volumes about its impact. Many have praised Dani, the founder, for her compassionate and individualized approach to yoga therapy. One participant shared, "Dani brings wisdom, warmth, and authenticity to every session." This personalized attention fosters a supportive community where individuals can thrive. Pranayoga's holistic approach honors the roots of yoga while incorporating modern techniques to address various needs. From therapeutic yoga to vibrant community events like the **July Yoga Challenge**, the studio continually offers opportunities for growth and self-discovery.

A Welcoming Community

The environment at Pranayoga is described as both nurturing and empowering. Newcomers are embraced warmly, making it easy to feel at home regardless of your yoga experience. As one attendee noted, "It is such a beautiful place with an amazing, supportive community who all meet you where you are." In addition to yoga classes, Pranayoga offers workshops and additional activities, like massage therapy and sound baths, further enriching the community experience.

Join the Pranayoga Family

Whether you are a seasoned practitioner or just starting, Pranayoga Institute of Yoga and Holistic Health provides a transformative journey through yoga. The combination of professional instructors, extensive resources, and a commitment to accessibility creates a unique atmosphere for personal exploration and healing. Don't miss the chance to experience the profound impact that

Pranayoga can have on your life—plan your visit today!

Our business is located at

1027 W Rudisill Blvd, 46807 Fort Wayne, Indiana - United States (US)

The contact phone of this **Yoga studio** is +1260-627-9642

And if you want to send a WhatsApp, you can do so at +1260-627-9642

Visit us during the following hours:

Day Hours
Monday
9:30?AM–7?PM
Tuesday
9:30?AM–7?PM
Wednesday
9:30?AM–7?PM
Thursday
9:30?AM–7?PM
Friday
7:30?AM–12?PM
Saturday
Closed
Sunday
9:30?AM–7?PM

The website is Pranayoga Institute of Yoga and Holistic Health

If you require to adjust any information that you consider is not correct regarding this site, we kindly request send us a message so that we will adjust it at the earliest convenience. In advance thanks.

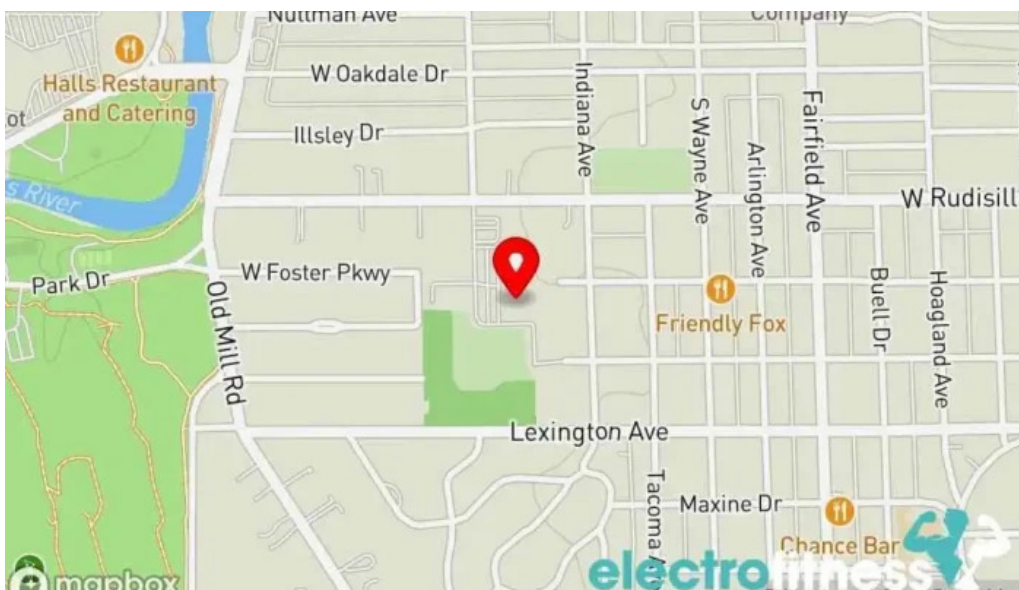
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Tags

On-site services, Swimming pool, Wheelchair-accessible toilet, Appointment required, Wheelchair-accessible car park, Accessibility, Toilet, Service options, Planning, Online classes, Amenities, Wheelchair-accessible entrance

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