

## Sweet Yoga - Hinesburg

hinesburg

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*hinesburg*

## Sweet Yoga - Hinesburg

### Discover Sweet Yoga: A Tranquil Retreat in Hinesburg, Vermont

If you're searching for a place to rejuvenate your body and mind, look no further than **Sweet Yoga** in Hinesburg, Vermont. This charming studio stands out not only for its exceptional classes but also for its commitment to **accessibility** and comfort for all participants.

#### Accessibility Features

At Sweet Yoga, the **wheelchair-accessible car park** ensures that everyone can easily access the studio without hassle. Moreover, the

**\*\*wheelchair-accessible toilet\*\*** is designed to provide convenience for all practitioners. The studio prioritizes **\*\*accessibility\*\***, making it a welcoming environment for individuals of varying abilities.

## **Exceptional Amenities**

Sweet Yoga offers a range of **\*\*amenities\*\*** that enhance the overall experience. With small class sizes, each participant receives personalized attention from the instructors. Lindsay, one of the main teachers, is known for her extensive knowledge in yoga, personal training, and nutrition. Her classes are tailored to meet individual needs, ensuring everyone feels included and supported.

## **Expert Instruction**

Students rave about Lindsay's instruction style. She incorporates adjustments throughout her classes, which helps students improve their practice. Attendees repeatedly express how they leave her sessions feeling energized and prepared to tackle the day ahead. Alongside Lindsay, other talented instructors contribute to a diverse offering of classes, catering to various preferences and skill levels.

## **Massage Therapy That Transforms**

In addition to yoga, Sweet Yoga offers outstanding massage therapy with Lindsay. Her deep tissue massages have garnered praise for being transformative, as she possesses a unique ability to identify tightness and discomfort. Clients appreciate her intuitive approach and impressive knowledge of anatomy, which enhances the effectiveness of each session.

## **A Welcoming Atmosphere**

The cozy environment of Sweet Yoga creates an inviting atmosphere where everyone feels at home. Lindsay's warm demeanor and lighthearted approach make each class enjoyable. Whether you are an experienced yogi or trying yoga for the first time, you will find a supportive space that encourages growth and exploration.

## **Conclusion**

Sweet Yoga in Hinesburg, Vermont, is more than just a yoga studio; it is a community brimming with positivity, inclusivity, and expert guidance. With its focus on **\*\*accessibility\*\***, exceptional instructors, and outstanding amenities, it has become a beloved sanctuary for many. If you're looking for yoga classes that cater to your individual needs while providing a warm and welcoming atmosphere, Sweet Yoga is the place to be.

## **The premises are located at**

90 Mechanicsville Rd, 05461 Hinesburg, Vermont - United States (US)

## Our business hours are:

Day Hours  
Monday

*Closed*

Tuesday

9–10:30?AM

Wednesday

9?AM–6:30?PM

Thursday

9?AM–6:30?PM

Friday

9?AM–6:30?PM

Saturday

9?AM–7?PM

Sunday

*Closed*

The website is [Sweet Yoga](#)

If you wish to update any data that you think is not correct about this site, we kindly request forward a message so we can we will adjust it at the earliest convenience. Thanks beforehand thanks.

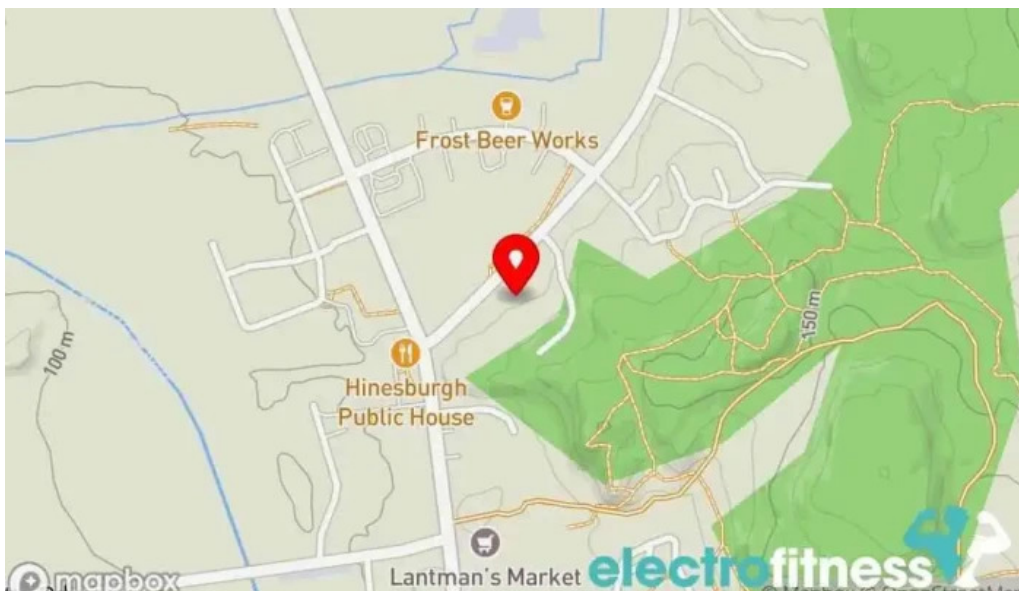
## Images



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*Sweet yoga street view 360deg*



*Sweet yoga map*





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## Tags

*Amenities, Wheelchair-accessible car park, Toilet, Accessibility, Wheelchair-accessible toilet*

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rock climbing gym
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self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
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weightlifting area
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yoga instructor
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