

You, Yourself, and Yoga - Kirksville

kirksville

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You, Yourself, and Yoga - Kirksville

Welcome to You, Yourself, and Yoga: A Transgender Safe Space in Kirksville, Missouri

You, Yourself, and Yoga is not just a yoga studio; it's a ****welcoming community**** for everyone, including those who identify as part of the LGBTQ+ spectrum. As a designated ****transgender safe space****, this studio is dedicated to providing an inclusive environment where all individuals can practice yoga comfortably.

Top-Notch Amenities and Accessibility Features

When you visit You, Yourself, and Yoga, you will find that accessibility is a priority. The studio offers a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring easy access for all guests. Additionally, there are ****gender-neutral toilets**** and a ****wheelchair-accessible toilet**** available on-site. For those driving to the studio, you'll be pleased to know about the ****free parking lot**** and ****free of charge street parking**** options, making your visit hassle-free.

On-Site Services Catered for Everyone

The studio provides a range of ****on-site services**** that make your experience enjoyable and fulfilling. With classes designed for all skill levels, from beginners to seasoned practitioners, everyone can find their place here. ****Children are welcome too****, making it a great option for families looking to bond over yoga. Whether you're interested in in-person classes or prefer to participate from home, You, Yourself, and Yoga offers ****online classes**** that cater to your busy schedule.

A Friendly and Inviting Atmosphere

Many visitors rave about the studio's clean and friendly atmosphere. Instructors like Tarasa and TG are known for their approachability and expertise. They offer modifications for all fitness levels, ensuring that the practice is accessible to everyone, including those requiring particular attention due to injuries or limitations. Attendees frequently highlight how they leave each session feeling refreshed, balanced, and ready to tackle daily life, thanks to the supportive and inclusive environment fostered by the instructors.

The Benefits of Joining the Community

The positive reviews from the community underscore the studio's commitment to quality. Many have experienced significant personal transformations through their practice, from enhanced flexibility to weight loss and stress relief. Participants express gratitude for the tailored attention and modifications that help them achieve their yoga goals. If you're in Kirksville and haven't tried You, Yourself, and Yoga yet, you're missing out on a fantastic experience. Whether it's the weekly sculpt classes or the tranquil atmosphere, this studio has something special to offer everyone.

Join Us at You, Yourself, and Yoga

Discover how yoga can transform your life at You, Yourself, and Yoga. With its perfect blend of accessibility, on-site amenities, and a welcoming environment, it is the ideal space for anyone looking to delve into their personal yoga journey. Experience the warmth, inclusivity, and expert guidance that sets this studio apart in Kirksville, Missouri.

We are at

915 E Jefferson St, 63501 Kirksville, Missouri - United States (US)

The phone of the respective **Yoga studio** is +1660-951-0551

And if you want to send a WhatsApp, you can do so at +1660-951-0551

Our business hours are:

Day Hours
Monday

5:15–6?AM

Tuesday

4–5?PM

Wednesday

Closed

Thursday

Closed

Friday

5:30–6:30?PM

Saturday

4–5?PM

Sunday

4–6:30?PM

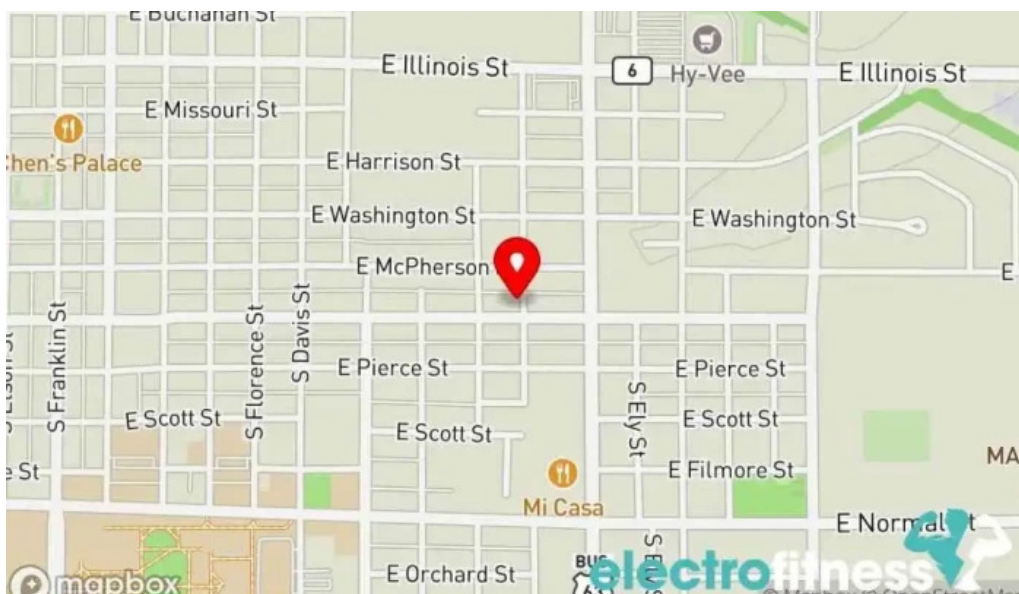
The website is You, Yourself, and Yoga

If you require to modify any information that you consider is not precise regarding this page, we ask forward a message and we will handle it as soon as possible. In advance we appreciate it.

Images



You yourself and yoga street view 360deg



You yourself and yoga map



You yourself and yoga kirkville



You yourself and yoga by owner



You yourself and yoga all

Tags

Crowd, On-site parking, Online classes, Wheelchair-accessible toilet, LGBTQ+ friendly, Parking, Toilet, Wheelchair-accessible entrance, Gender-neutral toilets, Good for kids, On-site services, Identifies as women-owned, Children, Free parking lot, Transgender safe space, Amenities, From the business, Free of charge street parking, Service options, Wheelchair-accessible car park, Accessibility

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sports complex
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