

Sb Yoga - La Vale

la vale



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Welcome to SB Yoga Studio: Your Sanctuary for Growth and Healing

SB Yoga Studio, located in La Vale, Maryland, is a sanctuary for those seeking ****self-growth****, ****confidence****, and ****inner peace****. With a focus on inclusivity and accessibility, this studio is committed to providing a nurturing environment for everyone, including individuals with disabilities and families with children.

Appointment Required for Personalized Experience

To ensure a tailored experience, ****appointments are required**** for classes at SB Yoga. This allows the instructors to gauge attendance and prepare

accordingly, creating a more intimate and focused environment for participants.

Service Options and Amenities

SB Yoga offers a multitude of **service options**, catering to all age levels and skill sets. From beginners seeking gentle instruction to high-energy classes designed for seasoned yogis, there is something for everyone. Some of the key features include: - **Wheelchair-accessible entrance** and **car park**: Ensuring that everyone can enjoy our services without barriers. -

Gender-neutral toilets: Promoting inclusivity for all individuals. - **On-site services**: Workshops and special events aimed at holistic healing and personal development. - **Outdoor services**: Embrace nature while practicing yoga and meditation.

A Community for All

SB Yoga is proud to be an **LGBTQ+ friendly** and **transgender safe space**, fostering a judgment-free atmosphere where everyone can feel comfortable and accepted. This community-centric approach is echoed by participants who highlight the studio as a wonderful, accepting space.

Great for Kids and Families

The studio offers classes that are not only suitable for adults but also welcoming to children. Parents can partake in yoga sessions while their kids learn essential breathing techniques and mindfulness practices. Many families have shared positive experiences, affirming that SB Yoga is indeed **good for kids** and teaches valuable life skills.

A Transformative Experience

Whether you're looking to alleviate stress through **Yin yoga**, explore mindfulness, or engage in deeper workshops, SB Yoga provides a transformative experience that resonates deeply with its visitors. Comments from attendees reflect a collective sentiment of healing, support, and compassion, making it clear that this studio is dedicated to enhancing mental and physical health.

Online Classes for Convenience

In response to the evolving needs of its clients, SB Yoga also offers **online classes**. This flexibility allows members to practice from the comfort of their homes, ensuring that they can maintain their wellness journey regardless of location.

Conclusion

SB Yoga Studio is more than just a place to practice yoga; it is a community devoted to personal evolution and holistic well-being. With accessible amenities, a supportive environment, and a variety of class offerings, it stands out as a

beacon of hope and healing in La Vale, Maryland. Join us and embark on your journey towards becoming a better version of yourself!

We are based in

509 B National Hwy, 21502 La Vale, Maryland - United States (US)

The phone of said **Yoga studio** is +1240-920-2228

And if you want to send a WhatsApp, you can do so at +1240-920-2228

We look forward to seeing you at:

Day	Hours
Monday	Closed
Tuesday	10?AM–7:30?PM
Wednesday	9?AM–7:30?PM
Thursday	10?AM–9?PM
Friday	9?AM–7:30?PM
Saturday	10?AM–7?PM
Sunday	9?AM–12?PM

The website is SB YOGA

If you require to change any information that you feel is not correct regarding this portal, please send us a message so we can we will handle it at the earliest convenience. With anticipation thanks.

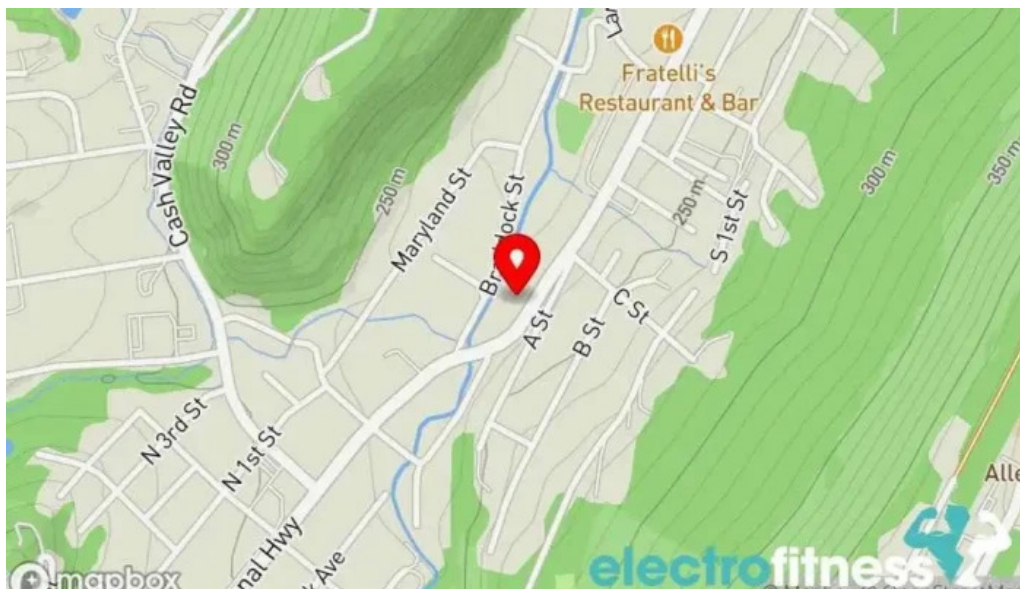
Images



Sb yoga yoga



Sb yoga street view 360deg



Sb yoga map



Sb yoga la vale



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Sb yoga all

Tags

Transgender safe space, Accessibility, Wheelchair-accessible car park, Toilet, Good for kids, Appointment required, Amenities, Gender-neutral toilets, Planning, Wheelchair-accessible seating, LGBTQ+ friendly, On-site services, Service options, Outdoor services, Children, Crowd, Online classes, Wheelchair-accessible entrance

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5.0 *	Revolution Community Yoga - Acton
5.0 *	You, Yourself, and Yoga - Kirksville

Comments

David Foster	09-05-25 04:07
<p><i>I highly recommend SB Yoga for anyone looking to expand, heal, and elevate themselves in mind, body, and spirit. The variety of class options cater to all ages and levels, ranging from beginner yoga to dynamic flow to restorative practices. Whatever you seek in a Yoga session, SB Yoga offers it. Additionally, the workshops offered can be truly transformative for your inner self. Personally, I find solace in attending Yin yoga classes, where I am able to safely heal and evolve. Through this practice, I have acquired various breathing techniques and coping mechanisms for managing stress and anxiety. Yin yoga resonates deeply with my soul, fulfilling its longings and needs. If you desire a supportive, nurturing, non-judgmental, and empathetic community, SB Yoga Studio is the place to be! ???</i></p>	

Categories

academic department
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boxing ring
children's party service
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church
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coffee shop
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convenience store
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coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
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grocery store
gym
gymnasium school

gymnastics center
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
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pharmacy
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physical therapist
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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
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software company
spa
spa and health club
sporting goods store
sports club
sports complex
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