

## Yoga Lab Vermont - Middlesex

middlesex

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## Yoga Lab Vermont - Middlesex

### Discover Yoga Lab Vermont: A Sanctuary for All

If you're looking for a welcoming space to practice yoga in Middlesex, Vermont, **Yoga Lab** is the place to be. Nestled on the third floor with stunning views of downtown Montpelier, this studio offers a unique blend of serenity and community.

### Amenities That Enhance Your Experience

At Yoga Lab, you will find a variety of **amenities** designed to make your visit comfortable and enjoyable. The studio is fully equipped with mats, blocks, and straps available for borrowing, ensuring that every student has access to the tools they need to enhance their practice. The facility includes a changing room and a **toilet**, making it convenient for students to prepare before and after classes.

## **Accessibility for Everyone**

Yoga Lab takes pride in being inclusive and accessible to all. The studio features a **wheelchair-accessible car park** and a **wheelchair-accessible toilet**, ensuring that everyone has the opportunity to participate in yoga classes regardless of mobility challenges. This commitment to **accessibility** reflects the welcoming spirit of the community and reinforces the importance of inclusivity in wellness.

## **A Community Like No Other**

The vibe at Yoga Lab is truly special. Many visitors describe the studio as a “great little calm spot” in the bustling environment of downtown Montpelier. With big windows letting in natural light and soft sounds from the street below, it creates an atmosphere of tranquility that enhances your yoga experience.

## **World-Class Instruction**

The instructors at Yoga Lab are among the best, with many students praising Sorsha as one of the top-tier teachers in the nation. Her knowledge, kindness, and dedication make her a role model within the yoga community. Whether you are a beginner or an experienced yogi, the classes cater to all levels, fostering an environment where everyone can grow in their practice.

In conclusion, Yoga Lab Vermont stands out not just for its beautiful space and skilled teaching but also for its unwavering commitment to accessibility and community. If you are in the area, make sure to visit this exceptional yoga studio and support local wellness.

## **We are positioned at**

961 US-2, 05602 Middlesex, Vermont - United States (US)

The contact phone of the respective **Yoga studio** is +1802-595-0069  
And if you want to send a WhatsApp, you can do so at +1802-595-0069

## **We are open during the following hours:**

Day Hours  
Monday

7?AM–7?PM

Tuesday

7?AM–7?PM

Wednesday

7?AM–7?PM

Thursday

7?AM–7?PM

Friday

7?AM–7?PM

Saturday

7?AM–7?PM

Sunday

7?AM–7?PM

The website is [Yoga Lab Vermont](#)

If you require to change any data that you feel is incorrect about this portal, please send us a message so that we will fix it promptly. Thanks beforehand thank you very much.

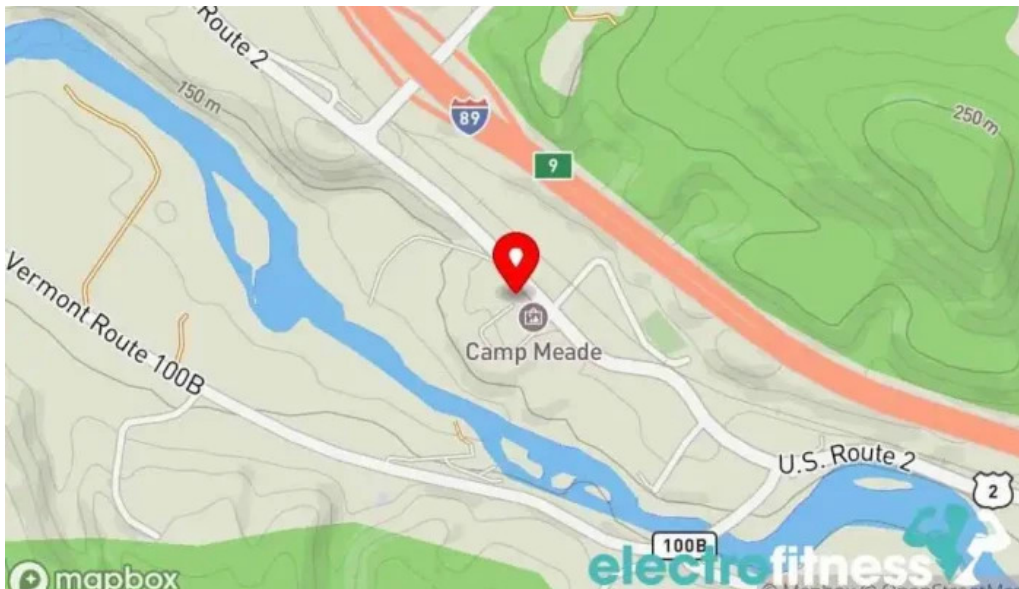
## **Images**



*Yoga lab vermont street view 360deg*



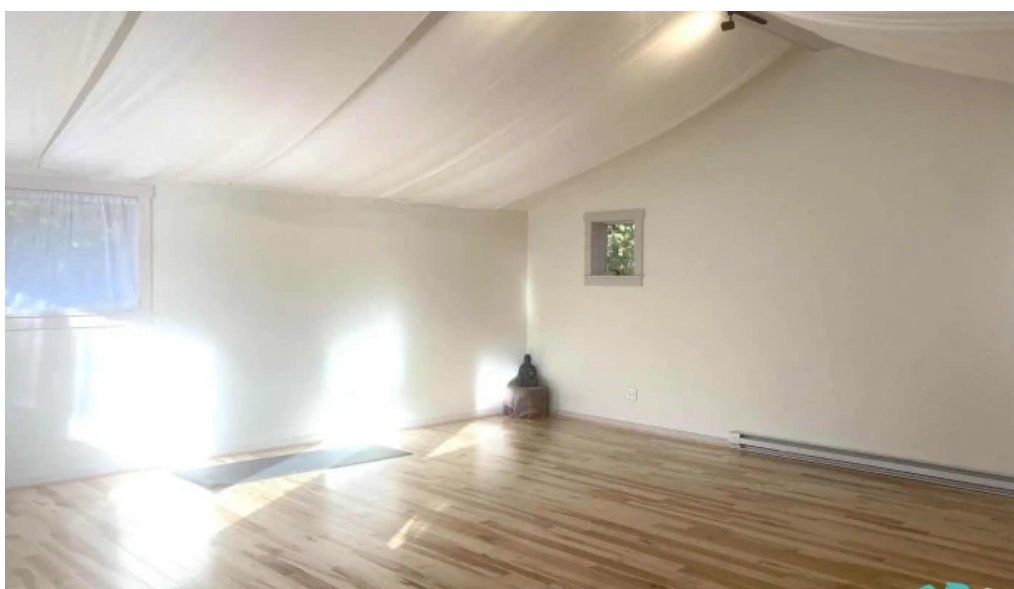
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## Tags

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

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boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
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country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center

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golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
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health spa
hiking area
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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
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