

Rooted Yoga - Quincy - Quincy

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Welcome to Rooted Yoga - Quincy: A Sanctuary for Mind and Body

Rooted Yoga, located in Quincy, Illinois, offers a unique blend of yoga experiences tailored to meet the diverse needs of the community. With a strong focus on ****accessibility****, this studio ensures that everyone can partake in the enriching practice of yoga.

Accessibility Features

At Rooted Yoga, inclusivity is a priority. The studio boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible toilet****,

making it easy for all individuals to access the space comfortably. Additionally, there is a **“wheelchair-accessible car park”**, ensuring that your visit starts off smoothly before you even step inside.

On-site Services and Amenities

Rooted Yoga offers an array of **“on-site services”** designed to enhance your yoga experience. The studio features **“gender-neutral toilets”**, promoting a welcoming environment for everyone. The thoughtfully designed amenities create a safe and serene atmosphere where students can immerse themselves fully in their practice.

Online Classes

For those unable to attend in-person sessions, Rooted Yoga provides **“online classes”**, allowing practitioners to engage with their yoga journey from the comfort of their own homes. This flexibility ensures that everyone has access to quality instruction, no matter their circumstances.

A Personalized Experience with Expert Instruction

Under the guidance of instructor Kimberly Page, students have reported transformative experiences. Kimberly is highly regarded for her expertise, combining knowledge of yoga with behavioral neuroscience. Her ability to create a calming and supportive environment has been noted as a key factor in enhancing the yoga journey for many practitioners, including those who are new to yoga or looking to deepen their practice. Many students have highlighted Kimberly’s thoughtful approach, noting her commitment to modifying classes based on individual needs. This personalized attention fosters a sense of community and belonging within the studio, making Rooted Yoga a beloved space.

Community Involvement

Rooted Yoga not only focuses on the individual but also actively participates in the local community. The studio has been engaging with the public through initiatives like the farmers market on Washington Square, showcasing their commitment to being an integral part of Quincy.

Join Us at Rooted Yoga

If you're searching for a welcoming, knowledgeable, and supportive yoga experience, look no further than Rooted Yoga in Quincy. With a dedicated instructor like Kimberly at the helm, visitors are sure to leave feeling calm, relaxed, and rejuvenated. Explore the various **“service options”**, whether it's attending a class in-studio or enjoying the convenience of **“online classes”**, and discover why Rooted Yoga is considered the best yoga studio in Quincy. Embrace the journey of self-care and wellness today!

The address of our establishment is

121 S 9th St, 62301 Quincy, Illinois - United States (US)

The contact phone of the respective **Yoga studio** is +1573-242-0213

And if you want to send a WhatsApp, you can do so at +1573-242-0213

If you wish to modify any data that you think is not precise concerning this portal, we kindly request deliver a message and we will handle it promptly. In advance we appreciate it.

Images



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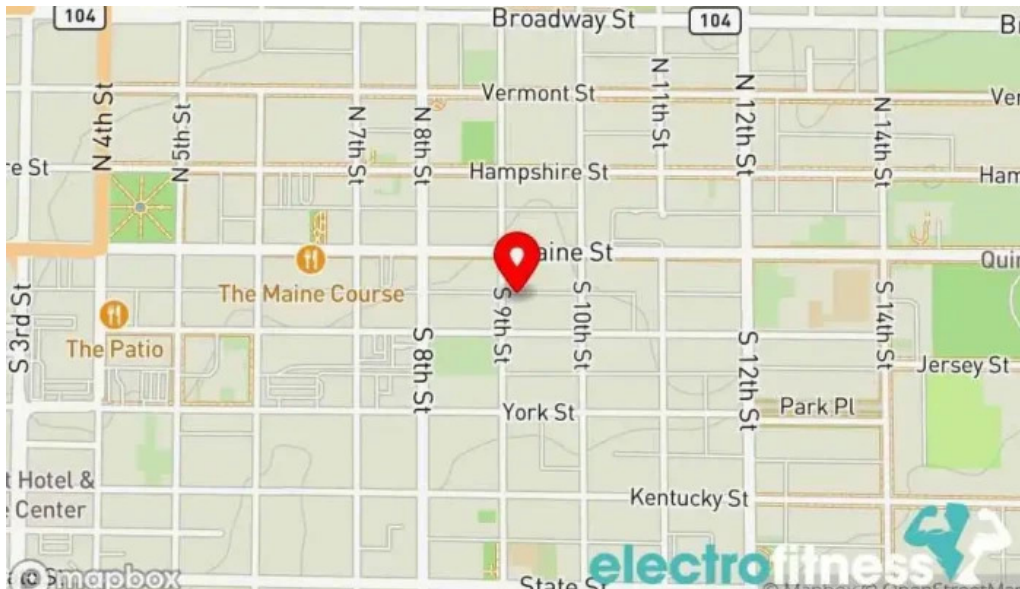
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Rooted yoga quincy map



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Tags

Amenities, Service options, On-site services, Toilet, Wheelchair-accessible car park, Wheelchair-accessible toilet, Online classes, Gender-neutral toilets, Wheelchair-accessible entrance, Accessibility

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