

Zen Squirrel - Reinholds

reinholds

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reinholds

Zen Squirrel - Reinholds

Discover Zen Squirrel Yoga Studio in Reinholds, Pennsylvania

Zen Squirrel Yoga Studio is a hidden gem situated in the enchanting Stoudtburg Village of Reinholds, Pennsylvania. This welcoming space not only offers yoga classes for all levels but also embraces a strong commitment to inclusivity and community values.

Accessibility and Inclusivity

Zen Squirrel identifies itself as a ****women-owned**** business, promoting a safe and supportive environment for everyone. The studio is ****LGBTQ+ friendly****

and encourages individuals from all walks of life to join their practice. With features such as a ****wheelchair-accessible toilet****, ****gender-neutral toilets****, and a ****wheelchair-accessible car park****, Zen Squirrel ensures that every visitor feels comfortable and accommodated. The studio prides itself on being a ****transgender safe space****, making it a welcoming haven for all.

A Warm Welcome from the Community

From the moment you step into the studio, you'll be greeted with warmth and kindness. Owner and instructor Beth Martin is known for her graciousness and deep knowledge of both yoga and Ayurveda. Her classes are designed with consideration for all student levels, allowing newbies and experienced yogis alike to flourish. One visitor expressed, "There is something here for the newest yogis and established teachers as well."

Services and Amenities Offered

Zen Squirrel offers a variety of ****service options**** including traditional mat yoga, classes utilizing the yoga wall, and personalized one-on-one sessions. Each class flows intuitively, providing options that cater to individual needs. Students appreciate Beth's ability to tweak poses to alleviate discomfort and enhance overall practice. Additionally, the studio features a charming shop that sells oils, teas, kits for making prayer malas, and yoga accessories.

Testimonials that Speak Volumes

The positive feedback from students highlights the exceptional experience at Zen Squirrel. One reviewer mentioned, "Beth's teaching is alignment and pranayama based with useful, related Ayurveda shared during practice." Many have found themselves hooked on yoga after just a few classes, with one visitor remarking, "Absolutely delighted with Beth's variation of Yoga sessions and I am TOTALLY HOOKED."

Join the Zen Squirrel Community

Whether you're looking to deepen your practice or simply curious about yoga, Zen Squirrel Yoga Studio offers a peaceful and inviting atmosphere. The emphasis on personal growth and community connection makes it a wonderful choice for anyone interested in exploring yoga in Reinholds, Pennsylvania. With numerous amenities and a focus on accessibility, Zen Squirrel is ready to welcome you to your mat.

The location of our premises is

9 N Village Cir, 17569 Reinholds, Pennsylvania - United States (US)

The phone of the mentioned **Yoga studio** is +1717-405-7511

And if you want to send a WhatsApp, you can do so at +1717-405-7511

We open at the following schedule:

Day Hours
Monday
5:30–6:30?PM
Tuesday
Closed
Wednesday
Closed
Thursday
9?AM–4?PM
Friday
5:30–6:30?PM
Saturday
5:30–6:30?PM
Sunday
5:30–6:30?PM

The website is [Zen Squirrel](#)

If you wish to change any data that you believe is incorrect concerning this site, we ask send a message and we will adjust it as soon as possible. With anticipation thank you very much.

Images



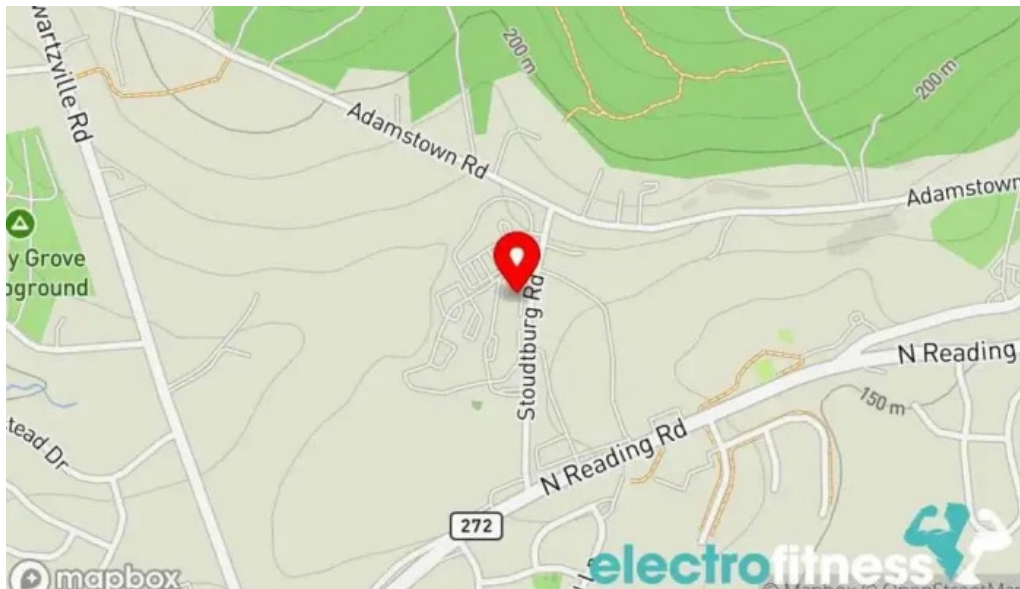
Zen squirrel yoga



Zen squirrel yoga studio



Zen squirrel reinholds



Zen squirrel map



Zen squirrel by owner



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Tags

Amenities, Service options, Gender-neutral toilets, From the business, Identifies as women-owned, Toilet, Wheelchair-accessible car park, Accessibility, On-site services, Transgender safe space, Crowd, LGBTQ+ friendly, Wheelchair-accessible toilet

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public educational institution
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rock climbing gym
school district office
self defense school
shooting range
shopping mall
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sports club
sports complex
sports medicine clinic
sports school
supermarket
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