

True Yoga Vermont - Rutland

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Discover True Yoga Vermont: A Welcoming Community in Rutland

True Yoga Vermont, located in the picturesque town of Rutland, is more than just a yoga studio; it's a nurturing community that emphasizes well-being and inclusivity. The studio prides itself on offering a variety of amenities to cater to every individual's needs, ensuring that everyone feels welcome and supported.

Amenities That Enhance Your Experience

True Yoga boasts a range of ****amenities**** designed to make your visit comfortable and enjoyable. The studio features ****wheelchair-accessible toilets****

and a **wheelchair-accessible car park**, ensuring that accessibility is a top priority. Additionally, **gender-neutral toilets** promote inclusivity for all members of the community, making it an **LGBTQ+ friendly** space.

Classes for Everyone

The studio offers a diverse array of classes that fit different fitness levels and preferences. Whether you are interested in Hot Yoga, Pilates, or a Slow Flow class for relaxation, True Yoga has something for everyone. Many instructors are known for their supportive teaching style, making it a **good space for kids** and adults alike. Online classes are also available, allowing you to connect from anywhere, which is perfect for those who might want to practice at home.

An Environment of Support and Acceptance

Visitors often note the **inviting atmosphere** of True Yoga. The staff fosters a **transgender safe space** where everyone can feel at ease. From personalized greetings to welcome gifts for newcomers, Liz and her team ensure that every client feels like part of the True Yoga family. Many reviews highlight the encouraging environment, where participants are motivated regardless of their experience level.

Community Spirit and Inclusivity

True Yoga has been recognized as a **women-owned business** that actively supports a sense of community and togetherness. Members consistently mention feeling a strong sense of belonging, making it a place where friendships flourish. The studio is not only a place for physical fitness but also a sanctuary for mental and emotional growth.

Highlights and Service Options

The studio also offers special service options, including discounts for **active military** personnel, making it an accessible choice for various groups. Members rave about the **Wi-Fi availability**, allowing them to stay connected even while focusing on their wellness journey.

Why Choose True Yoga Vermont?

If you're looking for a yoga studio that combines excellent instruction, strong community bonds, and a commitment to accessibility, True Yoga Vermont is the place to be. With its beautiful and clean facilities, engaging classes, and a welcoming atmosphere, it's no wonder many consider this studio their **go-to space for wellness**. Join the many who have transformed their lives at True Yoga Vermont—step into a class today and discover the difference!

You can reach us at

22 Wales St, 05701 Rutland, Vermont - United States (US)

The contact phone of the respective **Yoga studio** is +1802-282-1775
And if you want to send a WhatsApp, you can do so at +1802-282-1775

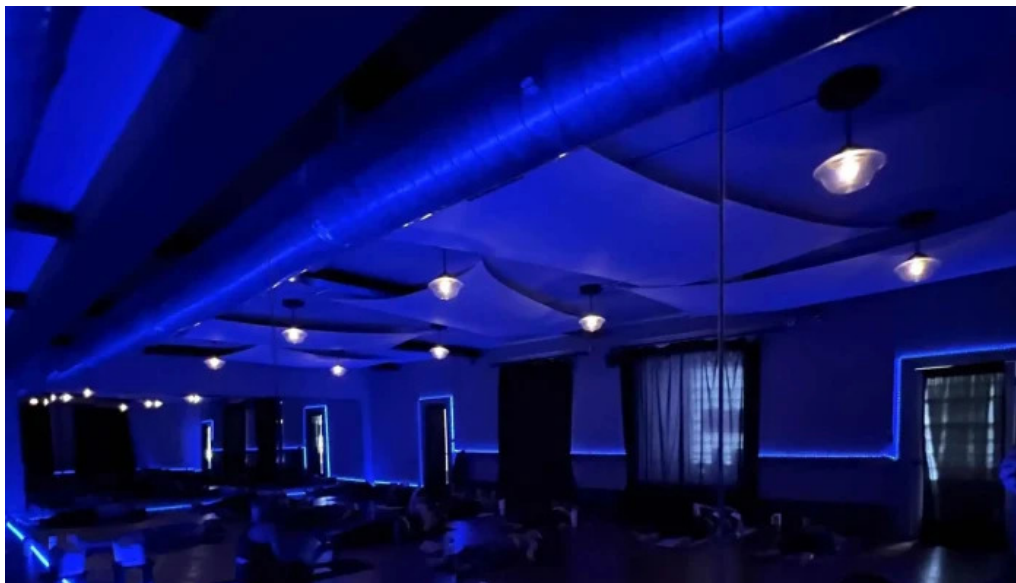
You can visit us at the following hours:

Day	Hours
Monday	7?AM–12?PM
Tuesday	7?AM–12?PM
Wednesday	5:30?AM–7:15?PM
Thursday	5:30?AM–7:15?PM
Friday	8:30?AM–7:15?PM
Saturday	8:30?AM–7:15?PM
Sunday	5:30?AM–7:15?PM

The website is True Yoga Vermont

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Images



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Tags

Highlights, Good for kids, Transgender safe space, From the business, Amenities, Accessibility, Wi-Fi, Wheelchair-accessible car park, Gender-neutral toilets, Children, Wheelchair-accessible toilet, On-site services, Toilet, Crowd, Identifies as women-owned, Service options, Online classes, LGBTQ+ friendly, Active military discounts

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