

# Yoga

Age Requirements

13-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Contact

Nora Vimala

Intake Contact Email

info@yogahelps.com

Intake Process

Please call the office for more information.

Report Problems

Call the Agency

Self Refer

Yes

Yoga Helps

<http://www.yogahelps.com>

Main

(804) 342-1061

PO Box 7092

23221 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Yog Helps, formerly Integral Yoga Center of Richmond, offers yoga classes. The yoga studio offers classes at all levels from Beginners to Level II, including X-Gentle Yoga and Raja Yoga, and more. Please call for information about classes and check the [class calendar](#) on the website. Meditation practice is available Mondays from 5:15 - 5:45 pm.

Call for more information or to register.

Service Area(s)

Chesterfield County

,

Henrico County

,

Richmond City

Email

[vimala@yogahelps.com](mailto:vimala@yogahelps.com)