

Yoga | Woodley Park

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to all ages

Family

No

Intake Contact

John Schumacher

Intake Contact Email

uwyc@unitywoods.com

Intake Process

Please call the office for more information.

Self Refer

Yes

Unity Woods

<http://www.unitywoods.com/>

Main

(301) 656-8992

2639 Connecticut Avenue

Suite C-102

20008 DC

United States

Monday: Closed

Tuesday: Closed

Wednesday: Closed

Thursday: 6:00 pm-9:15 pm

Friday: Closed

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Call for class times

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Yoga studio at Woodley Park offering a variety of classes, at all levels. Special classes include:

Gentle Class, for students who have a particular limitation Breast Cancer Survivors class Special Needs Class, for those who have physical conditions such as heart problems, spinal problems, arthritis, MS, and chronic or acute injuries. Restorative Class

Call for day and time of classes.

Note: Administrative offices are located in Bethesda. Studio at Woodley Park are open only for classes. Doors open 15 minutes before classes begin and are locked while classes are in session.

Service Area(s)

Arlington County