

# Weight Management

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact

Satchidananda Ashram

Intake Process

Call to make reservations or for more details

Self Refer

Yes

Yogaville

<https://www.yogaville.org/>

<https://www.facebook.com/SatchidanandaAshram/>

<https://twitter.com/sayva?lang=en>

Main

(434) 969-3121

Toll-Free

(800) 858-9642

108 Yogaville Way

23921 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: 2:00 pm-5:30 pm

Sunday: Closed

Additional Availability Comments

Classes vary based on season and days.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Learn lifestyle changes for successful weight management. The program will teach the principles of weight loss and weight management, vegan cooking and preparation, how to incorporate exercise into your weekly schedule, yoga asanas specifically tailored for larger individuals, and relaxation and meditation techniques for stress reduction.

Yogaville workshops and programs are designed to integrate all aspects of life - physical, mental, emotional, and spiritual - and put you in touch with your own sense of inner peace and ease. They offer expert instruction on a large number of topics, ranging from yoga postures and breathing practices to yoga philosophy and meditation to health-related topics.

Call for information about the Weight Loss Retreat.

Service Area(s)

Buckingham County

,  
Statewide