

Our Feel Good Friday Series Starts July 12

Get your weekend started right with our new **Feel Good Friday Series!**

Every Friday we'll offer a new class or workshop designed to nurture your well-being, calm your mind and leave your hectic week behind.



Yoga Basics

Friday, July 12 - 5:30 PM to 6:30 PM

Highly recommended for our new students. Come learn, ask questions and get hands-on guidance to build a solid foundation for your practice.

Yin Yoga

Friday, July 19 - 5:30 PM to 6:30 PM

Open to all abilities, this yin yoga class focuses on stretching the connective tissues in your joints to improve mobility.

Restorative Yoga

Friday, July 26 - 5:30 PM to 6:30 PM

Designed to bolster your immune system and endocrine system, restorative yoga can also lower your heart rate and blood pressure.

New Instructor, New Classes!

We are excited to announce the addition of [Deborah Nolen](#) to Avani Yoga Studio. Debbie is a Yoga Alliance Experienced-Registered Yoga Teacher (E-RYT) with more than 1000 instructional hours. She teaches a variety of yoga styles including Gentle, Hatha, Therapeutic, Restorative, Yin Yoga, Viniyoga, Vinyasa, Power and Fitness.

Join Debbie for Hatha yoga every Monday night or our new Feel Good Friday series.

Hatha Yoga

Mondays - 7:00 PM to 8:00 PM



(804) 312-1026
4617 chester square road
chester, virginia
info@avaniyogastudio.com

let's get started.
Intro offer 30 days just \$30 >>>

reserve your spot.
Book a class online now >>>

download our schedule.
New classes every month >>>

Feel Good Friday Series

Fridays - 5:30 PM to 6:30 PM

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