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Yoga forest hill richmond va

Lunge Yoga will open between Food Lion and Papa John's Pizza on Forest Hill Avenue. (Mike Platania) There will be more trees posing along Forest Hill. Lunge Yoga is set to open at 6819 Forest Hill Ave. at Granite Hill Shopping Center. Owner and first-time entrepreneur Katie Santoro was behind the venture, which took over 1,600 square feet of space. I've lived on the Southside for about seven years, Santoro said. There's really no yoga studio here. The one here has hot yoga, which is not something that works for everyone. Santoro said she has roots as a runner and got into yoga five years ago, before getting her yoga teaching certification last December. He said he wanted to take advantage of the studio's proximity to the James River and its path to attract Forest Hill residents who usually exercise in other ways. As a runner, yoga is the relaxation side and stretching side of my routine, Santoro said. I want to be community-oriented on this side of the river with some classes for runners, cyclists and kayakers. She said Lunge will also have plenty of traditional strengths and restorative yoga classes. The studio will offer group classes, individual lessons and workshops. Lunge will have about five classes per day, and Santoro said he plans to have a staff of about 10 instructors. A VCU alumnus with an insurance background, Santoro will teach classes in the studio in addition to being a sole owner. He self-funded the venture, which he hopes will open in May. Santoro said he was encouraged by the overall growth of the Forest Hill neighborhood. It's been an environment that's been coming for the last few years. We're getting a much better restaurant than we used to have and I think there's room for a fitness room, he said. Local taco shop Don't Look Back is preparing to open a location at 7524 Forest Hill, just across the street from Lunge, and restaurateur Johnny Giavos opened Little Nickel earlier this year at 4702 Forest Hill Ave. Elsewhere in the local fitness market, locally owned City Barre is gearing up to open a studio this spring at Scott's Addition. Mike Platania joined BizSense in December 2016. He covers commercial real estate, restaurants, and breweries. He graduated from Virginia Tech. Reach it at or (804) 554-6872. Humble Haven Yoga stands for building a more resilient community through the principles and practices of yoga. We are here to get out of our comfort zone and grow through practice, self-investigation, and support for each other. LIST UPVinyasaLink movements to breathe while deepening focus and flexibility. Power FlowVigorous speeds with dynamic movements to build strength. Slow Flow:Yoga own investigation with most of the sitting poses. Meditation is extended at the beginning and end of the class to calm the nerves training to build endurance and strength. Weight and hand weight options will be provided. Please plan to log in a few minutes early to allow time to catch up and settle down. Classes begin immediately at start time. You'll receive a reminder email from with a personalized Zoom link 15 minutes before you start training. Got a question? Our email info@lungeyoga.com Yoga is a gentle way to stretch and exercise as well as relieve stress. This practice focuses on movement, breath & Meditation. There are a number of yoga studios that offer FREE, cheap and outdoor yoga classes around Richmond as well as pay for what/if you can class in the park, in their studio or online. FREE, cheap, and outdoor yoga classes around Richmond: No matter your goals and needs, Project Yoga Richmond has classes on a virtual schedule for you almost every day of the week. Listing on the deep relaxation projectyogarichmond.org/schedule increases the flexibility of yoga fuses and addiction recovery strengthens and prolongs the tight muscles of hitting the heartbeat connected with others in the BIPOC community trying something new Join Lunge Yoga for outdoor classes on Saturdays, Tuesdays and Thursdays at 6 p.m. through October 2020 by Stone House in Forest Hill park. The event is also available via a live-stream on their website. \$15 * Sat., Oct 24, 2020 at 9 a.m. – Yoga at Brambly Park YOGA IN RVA Join Tatyana Leblanc for a classic hatha yoga workout. You will practice: ASANA – The physical body – learns to spread energy evenly through all parts of the body. Make a strong and flexible pranayama - Breathing techniques - learn to control your breath. BANDHA – The key to muscle – learn to control your hidden muscles (diaphragm, pelvic floor and floor of your mouth) MEDITATION – Basic meditation techniques – learn to focus and concentrate \$10 (Venmo, cash or card). You will need yoga mats, sunscreen, water and comfortable clothing. Registration is required. Please follow the link below. YMCA of Greater Richmond offers Healthy Outside, a series of outdoor pools and workout options for you and your family as part of the governor's first phase of the Forward Virginia plan. The organization caters to members through outdoor pools and current classes. To help prepare you for your visit, please visit us online: For other low-cost yoga opportunities, check out the YMCAs of Greater Richmond and the park area's recreation department. Did you know about free or cheap yoga classes that should be on this list? Send it to us at news@rvaonthecheap.com Be sure to email updates, follow @rvacheap on Twitter or like RVA (Richmond) on Cheap on Facebook to stay in the know about free & latest offers. More things to do in and around Richmond: Pay for what you can do with Project Project Richmond Weekly on (starting September 6, 2020) Pay what you can Yoga Class with Richmond Richmond Yoga Project

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