

In Balance Yoga

401 S. Main St.

Blacksburg, VA 24060

540-961-1030

Southwest Virginia's first Hot Yoga studio offers a variety of classes, including hot yoga, vinyasa, prenatal yoga and restorative yoga.



Free Community Classes at In Balance Yoga

First Monday of Every Month at 7:45 pm:
Community Vinyasa

Last Thursday of Every Month at 7:45 pm: Community Hot Yoga

Join us for our free Dharma Yoga Series

Open to all levels, variations and modifications included. The Dharma series includes asana, deep relaxation, pranayama and meditation.

Feb 27: 2:00 – 3:15 pm

March 2: 6:30 – 7:30 am

March 13: 2:00 – 3:15 pm

Live DJ Yoga Vinyasa with Holly Frances & Adam Wirdzek

SAT., 3/14 from 6:30 – 7:45 pm

Adam has been making and producing music since he was in high school. Holly will lead a 75 minutes vinyasa class open to all levels while Adam provides the soundtrack. Adam will bring in live instruments with percussion for a high energy class. Regular class card or drop in to attend.

Intro to Acroyoga with Lynsey

FRI., 3/20 from 7:30 - 9:00 pm

Join a community that cultivates joy, trust and balance through partner acrobatics and movement. No previous experience or partner required. Fly high, ground down and connect with your community!

Sliding Scale \$10 - \$18 to attend. Sign up online. Questions please contact Lynsey at BlueRidgeAcroYoga@gmail.com or Nicole at InBalanceYogaStudio@gmail.com

Pose for the Week Challenge

We do a different pose each week and promote the benefits of that pose. Yogis take a picture in the pose and post on In Balance's Facebook page or on Instagram and tag [#inbalanceyoga](#) [@inbalanceyogablacksburg](#)

A different winner is chosen weekly and receives either free classes or retail!