

Sanford Yoga & Community Center

VETERAN OWNED & TRAUMA-INFORMED

As we process trauma through the mind, we also have to process it through the body. Using the breath as our guide, we systematically work through each area of the body so that each client can calm the mind, increase their mobility, and decrease pain.



GROUP OR PRIVATE SESSIONS

LIVE OR VIRTUAL OPTIONS

TYPES OF CLASSES

We offer beginner, gentle, restorative, and dynamic classes. All aim to ease chronic pain and increase mobility. Each person needs something a little different to help calm their mind and grow their nervous system, so we offer a variety of options to meet your needs.

SCAN WITH YOUR CAMERA
TO GET CONNECTED!



FREE CONSULTATIONS

Not sure what class is right for you? Give us a call or drop us an email! We'd be happy to chat, or even schedule a time for you to come in and get a feel for the space and what we do.

CONTACT DETAILS

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