



EXPERIENCE YogaWorks

Free Week of Yoga*

YogaWorks Union Square is located just 3 blocks from Union Square on 5th Avenue and 19th street. The schedule includes everything from YogaWorks signature classes to Vinyasa Flow, Iyengar and Restorative/Gentle Yoga at all levels. Whether you are looking to increase your flexibility, improve your muscle tone and enhance weight loss or relieve stress, a yoga advisor can help you select the right class for your current skill & fitness level. Classes available 7 days a week from 7am – 9pm.

We are especially proud of our Beginner and Introductory Yoga Classes, designed for new students. Email or call for more information on these classes.

212-647-9642

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*offer valid for new students only