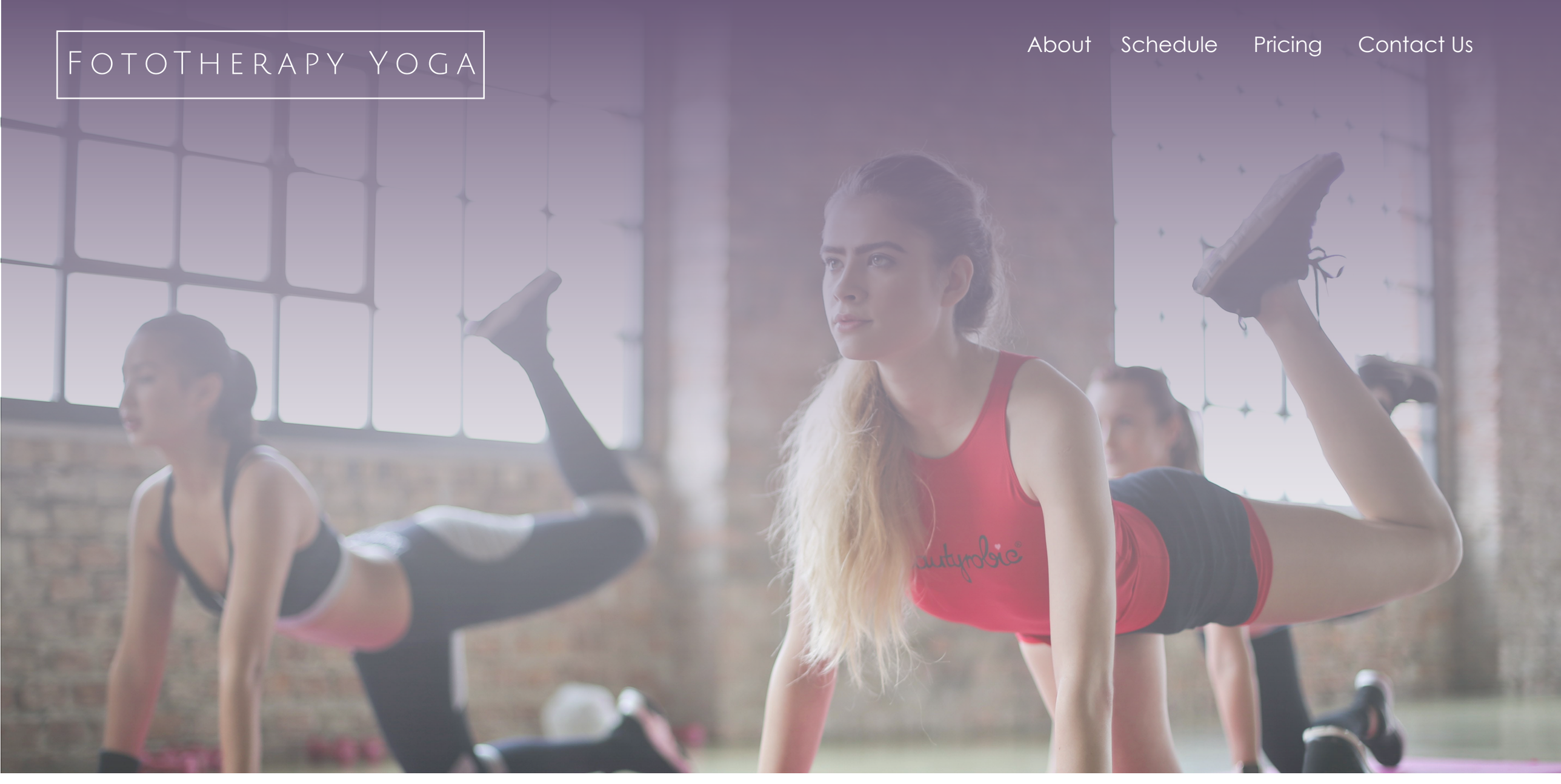


FOTOTHERAPY YOGA

About Schedule Pricing Contact Us

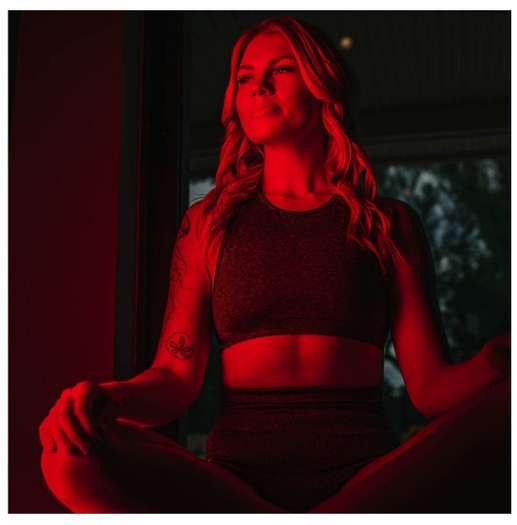
What is FotoTherapy Yoga

FotoTherapy Yoga is a revolutionary new approach to practising yoga. Combining light therapy and colour psychology techniques, brain stimulating soundscapes and bespoke natural scents to create an immersive, multi-sensory yoga experience not yet seen before.

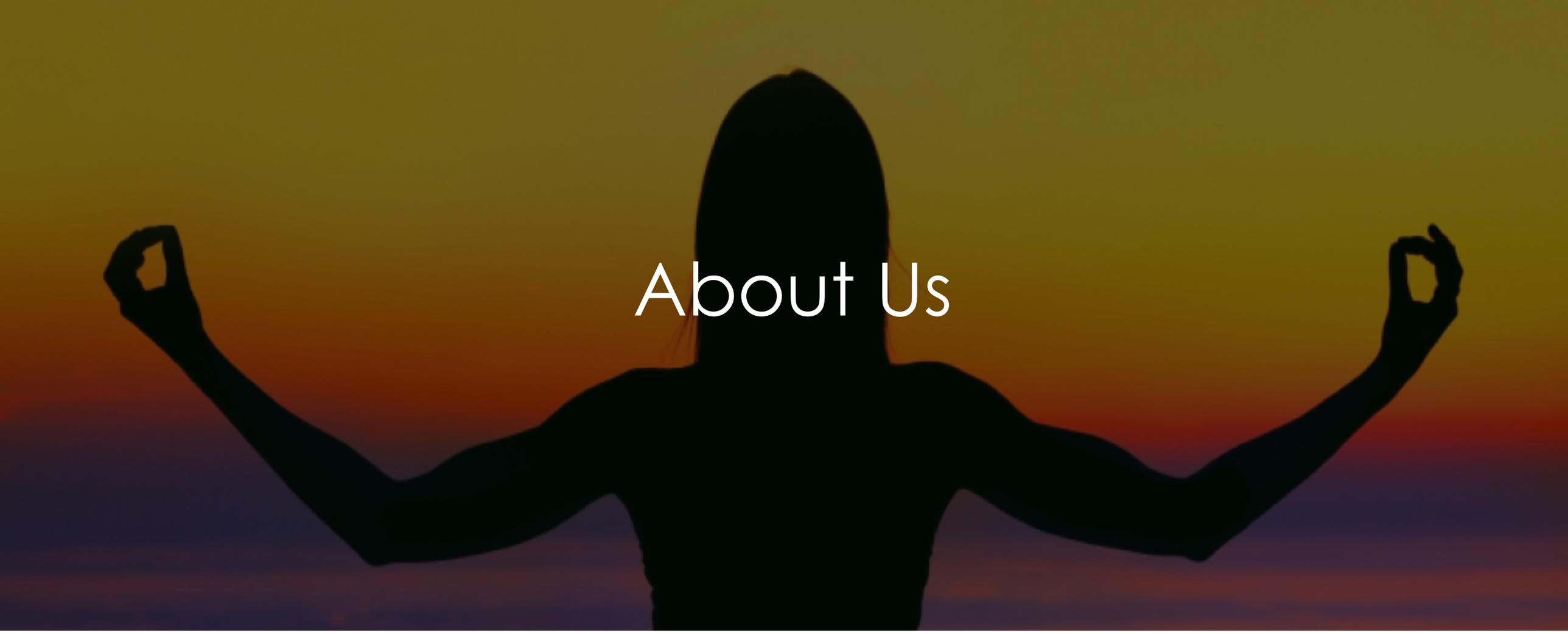
Based in Nashville, Tennessee, the FotoYoga studio is a one of a kind space, cut off from the outside world which transforms as it moves through the colours of the spectrum.

Blue Light to Sanitize Spaces

Red Light to Heal Muscles



Green Light for Improved Skin Tone



About Us

Why Light

Our classes are grounded in the latest scientific research into the effect that specific light frequencies can have on our body.

FotoTherapy Yoga sets to address the imbalance in our lives by saturating ourselves in the colors we need to bring about positive change. Each FotoTherapy Yoga class is held in a ergonomically designed room bathed in a specific colour of light. The teacher guides the class through a set of sequences which correspond to the healing properties of that colour. The lighting we use is non-invasive, safe and environmentally friendly.

Blue Light

Blue light has been proven to inactivate micro-organisms to disinfect and santize objects and spaces.
Blue light is used before and after every class to keep the studios free of harmful viruses.

Red Light

Red light therapy (RLT) is a treatment that may help skin, muscle tissue, and other parts of your body heal. It exposes you to low levels of red or near-infrared light.
Red light is used during savasana, last 10 minutes of class.

Green Light

Green light is absorbed into the skin where it has a calming effect. It helps to lighten hyper-pigmentation spots revealing a brighter complexion.
Green light is used for 20 minutes after every class for those who wish to reap the benefits.

Schedule

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday & Sunday
Restorative Yoga 7 a.m. - 8:30 a.m.	Energizing Yoga 7 a.m. - 8:30 a.m.	Cardio Yoga 7 a.m. - 8:30 a.m.	Total Body Yoga 7 a.m. - 8:30 a.m.
Vinyasa Yoga 9:30 a.m. - 11 a.m.	Light Stretch Yoga 9:30 a.m. - 11 a.m.	Strength Yoga 9:30 a.m. - 11 a.m.	Vinyasa Yoga 9:30 a.m. - 11 a.m.
Balance & Strength 12 p.m. - 1 p.m.	Tone & Strength 12 p.m. - 1 p.m.	Balance & Tone 12 p.m. - 1 p.m.	Balance & Strength 12 p.m. - 1 p.m.
Restorative Yoga 2 p.m. - 3:30 p.m.	Restorative Yoga 2 p.m. - 3:30 p.m.	Restorative Yoga 2 p.m. - 3:30 p.m.	Restorative Yoga 2 p.m. - 3:30 p.m.

Clicking on each of the classes above will pop up a window with the class description.

Purchase Passes/Memberships

Pricing

One Class Pass	$20
7 Day Pass	$50
30 Day Pass	$150
6 Month Pass	$600
1 Year Pass	$1000
Corporate Rates	Varies

Purchase Passes

First Name

Last Name

Email

Date of Birth

Select Your Pass **Dropdown with the options above**

Submit and Get Healthy!

We want to hear from you!!!

Drop us a line and let us know what's on your mind. We answer all questions because we heart what we do. And our pricing is not set in stone so if you have a special situation and need the prices adjusted, let us know. If we don't get back to you, it's because we're just plain lazy. Haha, we kid we kid. We answer everyone. Once we had someone ask us if we offer yoga classes for feral cats. We considered it but decided it was out of our scope since cats are generally flexible with have stealth balance. We referred them to our local gymnastics team. Anyways, let us know what's on your mind. We usually get back to you within 2 business days.

Contact Us

First Name

Last Name

Email

Your Message

Submit