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help you move through life differently. From yin yoga to warrior sculpt, get what you need at the yoga studio in Apex. Hatha, Vinyasa, Gentle, Prenatal, Restorative, Reiki & More! The Yoga Garden is a cozy studio and RYS200/RYS300 teacher training school nestled in the heart of Apex, NC. What are people saying about yoga in Apex, NC? This is a review for yoga in Apex, NC: "I have been taking classes at Zen Yoga Center since September of 2017. Chris the owner is wonderful. She is ... Schedule private yoga classes in your home in Raleigh, Research Triangle Park, Apex, Cary, Morrisville, and Holly Springs North Carolina. We offer a variety of yoga and meditation classes, gentle, vinyasa flow, astanga, slow flows, restorative, yin and more!

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