



Welcome to Via

The Way In.

I'm thrilled to introduce the first newsletter for Via Somatic Wellness. If you are new, hello! My name is Chanté Stephens, Founder of Via Somatic Wellness, and I'll be guiding you at Via Lab. With over 12 years

of yoga experience, movement and stillness have shaped the way I breathe, rest, reflect, and reconnect. That experience inspired me to create a space where others can discover their own way in.

Let's back up and explore: ***What is Via Somatic Wellness?***

Via Somatic Wellness brings movement, mindfulness, and intentional practices together to help you reconnect with your body, calm your mind, and create space for lasting well-being.

So what exactly is Via Lab?

Via Lab is our studio, the home of yoga classes, meditation, sound experiences, private sessions, workshops, and community gatherings designed to help you move, pause, and reconnect.

Do you offer 1:1 Sessions?

Absolutely. Whether you're seeking personalized yoga instruction, meditation, sound experiences, intuitive guidance, wellness consultations, or dedicated one-on-one support, private appointments at Via Lab are designed around your individual journey.

[Learn More](#)



Chante Stephens, Founder of Via Somatic Wellness

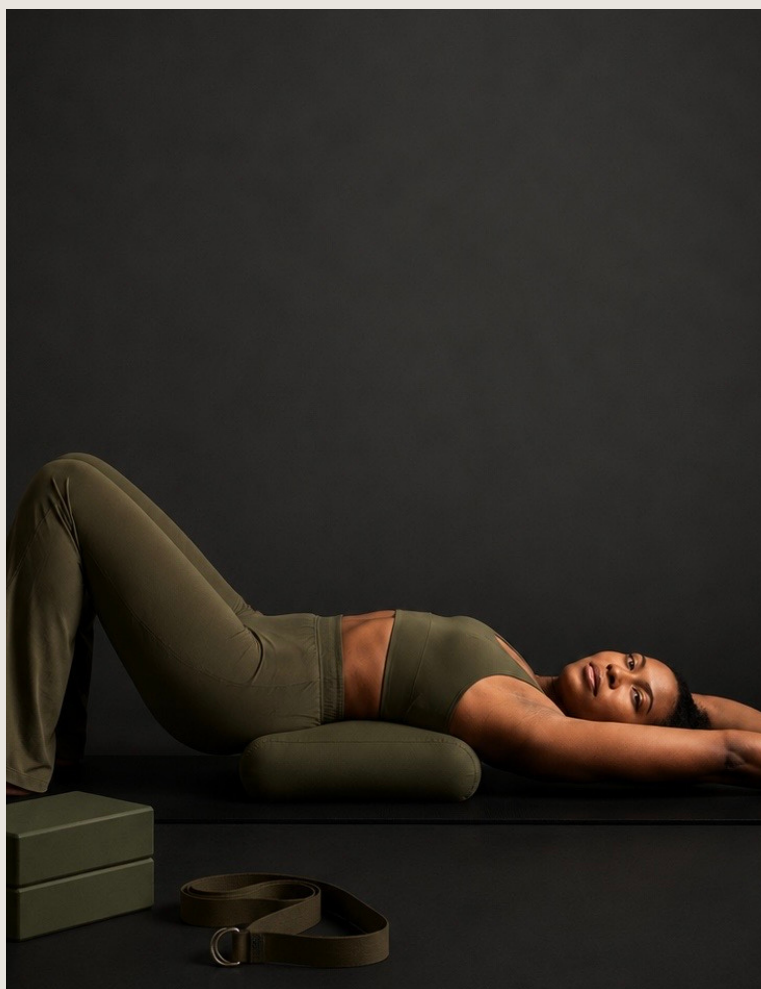
One of the things I'm most excited about is introducing people to yoga in a way that feels welcoming and not intimidating.

Whether you're stepping onto a mat for the first time or returning to your practice, there's a place for you here.

Together, we'll explore the foundations of yoga, discover different styles, learn the meaning behind the practice, and build confidence one step at a time. My hope is that you'll leave each session with a deeper understanding of your body and yourself.

Yoga isn't about touching your toes. It's about discovering what happens when you begin paying attention.

TRY YOGA 101



Each station is equipped with a bolster, block, strap, mat, and faux fur rug during Yoga Nidra

JOIN A SESSION!

Yoga Nidra sessions are **Tuesday - Thursday at 6:00 PM**, and I'd love for you to be part of it. Yoga Nidra is often known as Yogic Sleep. A guided practice that promotes profound relaxation, nervous system regulation, and mental clarity without requiring movement.

Join us for an evening sound bath to wind down and close out your day.

We can't wait to see you!

VIA LAB WEEKLY CALENDAR

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
RESET	YOGA 101	YIN YOGA	HATHA YOGA	YIN YOGA	OPEN LAB	OPEN LAB
A day to pause, recharge, and return to yourself.	Learn the foundations of yoga.	Releasing.	Building.	Restoring.	Move your way. The space is yours.	Move your way. The space is yours.
	10:00 AM – 11:00 AM	10:00 AM – 11:00 AM	10:00 AM – 11:00 AM	10:00 AM – 11:00 AM	10:00 AM – 2:00 PM	10:00 AM – 2:00 PM
						
	YOGA 101	YOGA NIDRA	YOGA NIDRA	YOGA NIDRA		
	Learn the foundations of yoga.	Deep rest. Deep reset.	Deep rest. Deep reset.	Deep rest. Deep reset.		
	6:00 PM – 7:00 PM	6:00 PM – 7:00 PM	6:00 PM – 7:00 PM	6:00 PM – 7:00 PM		

LISTEN TO YOUR BODY. FOLLOW YOUR BREATH. THIS IS YOUR PRACTICE.

RSVP

THE NEXT FREQBAR EVENT
PORTER PARK - FREE
JULY 11TH
8AM - 9AM

THE OFFICIAL GRAND OPENING
VIA LAB - \$33
VIA LAB
9AM - 11AM



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