

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**



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## **CITY OF SUFFOLK WELCOMES THE YOGA ROOM**

**SUFFOLK, VA (February 19, 2026)** The Suffolk Economic Development Department is pleased to celebrate the opening of The Yoga Room with a ribbon cutting on Sunday, February 22, at 4:45 p.m., located at 1238 Holland Road, Suite 109.

To celebrate, The Yoga Room will host an Open House Weekend on Saturday and Sunday, inviting the community to enjoy complimentary yoga classes. On Sunday from 5 p.m. to 7 p.m., guests can explore a farmer's market-style community market featuring local vendors and small businesses.

Owner Emily Wilson shares that her vision for The Yoga Room is to "be a place where everyone feels welcome," operating under the belief that "yoga is for all ages – from babies to seniors – and The Yoga Room is an inclusive place for everyone in every body."

To view the weekly class schedule, please visit [www.theyogaroom757.com](http://www.theyogaroom757.com), purchase a membership, or drop in for a class. Follow them on Instagram and Facebook @theyogaroom757.

For more information, please call 757-535-1579 or email [theyogaroomllc757@gmail.com](mailto:theyogaroomllc757@gmail.com).

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