

"Best Yoga Centers/Studios in Rio de Janeiro"

Created by: Cityseeker

 4 Locations Bookmarked



 by "Robert Bejil Photography" 

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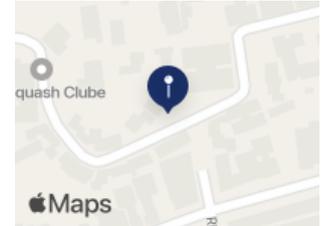
 www.kajyoga.com/

 Rua Candido Mendes, Rio de Janeiro

KAJ Yoga

"Yoga for All"

Having studied under three of India's most renowned yoga teachers, Kimberly Ann Johnson brings a lot of knowledge and expertise to her classes at KAJ Yoga. Conducted in both Portuguese and English, the lessons train students in the art of Iyengar and Ashtanga yoga. The institute specializes in yoga for pregnant women and helping new mothers deal with post-partum pain and other issues.



 by "Hernan Irastorza" 

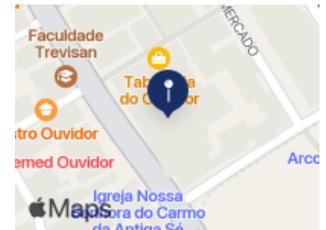
 +55 21 2224 9189

 Rua Primeiro de Março, Rio de Janeiro

Instituto Hermógenes

"Hatha Yoga Specialists"

Named for its founder, José Hermógenes de Andrade Filho, this institute specializes in hatha yoga, and is perhaps the best-known name on the Brazilian yoga scene. Most of the country's best yoga instructors have taken their basic training from Professor Hermógenes, and Instituto Hermógenes has a lot to teach those looking to get fit and stay healthy.



 by adifansnet 

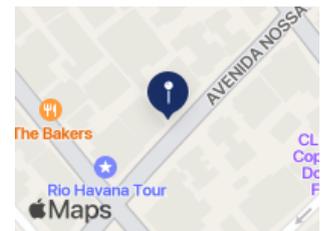
 +55 21 3648 1973

 Avenida Nossa Senhora de Copacabana 690, Rio de Janeiro

Academia Orlando Cani

"Complete Well-Being"

Founded by Orlando Cani, a specialist in hatha yoga, Academia Orlando Cani presents a path to fitness that doesn't involve hours of repetitive workouts. The focus here is on holistic well-being, and the benefits include, apart from physical aspects, improved will power and self awareness as well as stress relief. Numerous workshops and courses are also conducted.



 by Nicholas_T 

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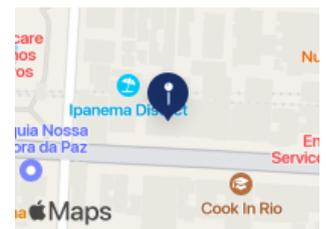
 blyssyoga@gmail.com

 Rua Visconde de Pirajá 318, Rio de Janeiro

Blyss Yoga

"Blissfully Healthy"

Located in Ipanema, Blyss Yoga is one of the best yoga institutes in the city of Rio. In keeping with their motto that yoga is for everyone, the center offers a wide range of classes that are attended by people of all ages. No matter whether you're a novice or a self-taught expert, Blyss Yoga will have lots to teach you. Sometimes, the hatha and ashtanga yoga classes are held at Ipanema Beach as well.



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