

"Best Yoga Centers/Studios in Halifax"

Created by: Cityseeker

 4 Locations Bookmarked

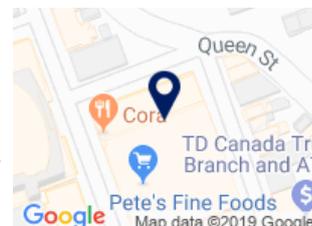


 by Hernan Irastorza 

Studio In Essence

"Fitness with a Bit of Fun"

A place where you learn from your fellow pupils as well as your instructors, Studio In Essence takes pride in its series of interactive fitness sessions. Specialists in Pilates, Pole Fitness and Aerobics, this studio helps you improve strength fitness and agility, through numerous fun-filled sessions. With classes distinguished by age group and fitness levels, students are given the required attention and guidance from the team of experienced trainers and instructors.



 +1 902 405 5500

 www.studioinessence.com  studioinessence@gmail.com

 1535 Dresden Row, Suite 203, Halifax NS



 by Unique Hotels Group 

Serpentine Studios

"Shake a Leg"

Situated at the heart of Halifax, Serpentine Studios is dedicated to training young enthusiasts, a number of fascinating forms of dance. Pioneers in belly-dance, this is where you can learn some awe-inspiring dance moves from seasoned professionals. Whether it may be for the love of dance, the desire to learn a new form or simply to stay fit, this studio will certainly have a class that's suitable for you. Apart from belly-dance, this studio also offers classes in samba, ballet, burlesque and Bollywood.



 +1 902 406 1668

 www.serpentinstudios.com/  info@serpentinstudios.com

 1489 Birmingham Street, Halifax NS

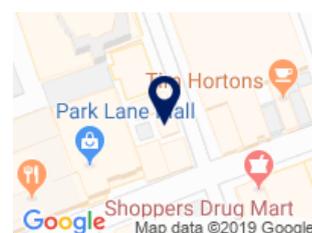


 by adifansnet 

Moksha Yoga Halifax

"Sweat and Stretch"

Moksha Yoga Halifax helps customers sweat it out and stay it shape with a healthy session of yoga. Its team of experienced yoga instructors plan and prepare a rigorous yet rejuvenating regimes to stay fit and healthy. Here you learn to maintain your fitness, tone your muscles and set your boy at ease through traditional, therapeutic sessions. Daily classes are also organised for people of all ages and skill levels.



 +1 902 420 0888

 halifax.mokshayoga.ca/  info@mokshayogahalifax.com

 1512 Dresden Row, Halifax NS

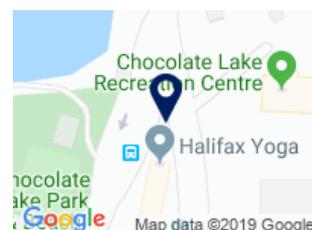


 by Robert Bejil Photography

Halifax Yoga

"Rejuvenation Station"

Halifax Yoga is a center for yoga and meditation, intended to help practitioners stay health and fit. A team of experienced yoga instructors offer step-by-step guidance to improve fitness and rejuvenate the body and mind. With over 40 classes a week, this yoga studio aims to work on the physical well-being of its pupils. Classes suitable for various ages and ability levels help improve strength and flexibility.



 +1 902 406 9642

 www.halifaxyoga.com/  info@halifaxyoga.com

 7 Purcells Cove Road, Halifax NS

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