

## "Best Yoga Centers/Studios in Adelaide"

Created by: Cityseeker

📍 5 Locations Bookmarked



### Bikram Yoga Adelaide

"Fitness Through Yoga"

Experience the curative powers of yoga under the able guidance of the teachers at Bikram Yoga Adelaide. The yoga studio empowers its clients to reap the benefits of the ancient science by practicing asanas and meditation practices. The classrooms are heated so as to enable one to easily achieve the highest levels of fitness. The staff is well-experienced.

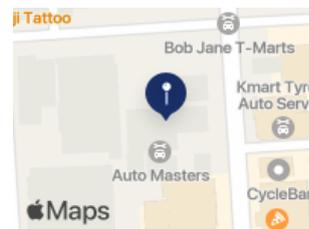
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🌐 [www.adelaideyoga.com.au/](http://www.adelaideyoga.com.au/)

✉ [amy@adelaideyoga.com.au](mailto:amy@adelaideyoga.com.au)

📍 211 Pulteney Street, Adelaide SA



### Yogafusion

"Specialty Yoga"

Yogafusion offers an enriching experience of classic yoga for the mind and body. It offers a yoga classes in a heated room in keeping with the Barkan method of Hatha Yoga that is great for beginners. There are a variety of classes that will help you get in shape as well as achieve a state of calm while detoxifying your body.

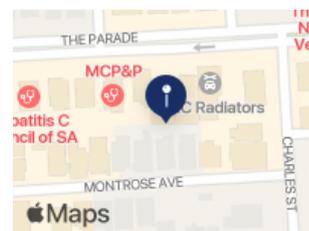
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🌐 [www.yogafusion.com.au/](http://www.yogafusion.com.au/)

✉ [sue@yogafusion.com.au](mailto:sue@yogafusion.com.au)

📍 14 The Parade, Adelaide SA



### Adelaide Ashtanga Yoga Shala

"Exercise and Well-Being"

Located in Stepney, Adelaide Ashtanga Yoga Shala is a great place to enjoy sessions of yoga and Pilates. The studio offers classes in the difficult Ashtanga Yoga that molds the body to provide good health. Experience the calmness flow into you as you work through the many exercises that are part of the class. The teachers are friendly and knowledgeable.

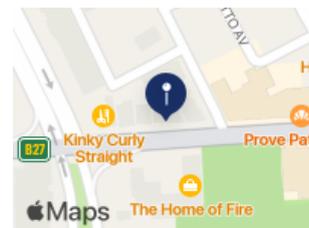
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🌐 [www.adelaideashtangayoga.com/](http://www.adelaideashtangayoga.com/)

✉ [aays@me.com](mailto:aays@me.com)

📍 133-135 Magill Road, Stepney, Adelaide SA



### Yoga Spirit Studios

"Ancient Yoga Practices"

Yoga Spirit Studios is a relaxing space to revel in the joys of the ancient art-form of Yoga. This delightful exercise regime incorporates asanas and pranayams that also provide a sense of calm. The studio offers classes for the beginners and practitioners as well as for expecting mothers and children. Teacher training programs are also offered.

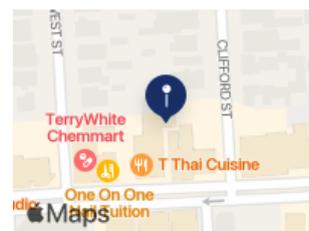
📷 by "Robert Bejil Photography" ©

☎ +61 8 8352 7823

🌐 [www.yogaspirit.com.au/](http://www.yogaspirit.com.au/)

✉ [info@yogaspirit.com.au](mailto:info@yogaspirit.com.au)

📍 194 Henley Beach Road, Torrensville, Adelaide SA

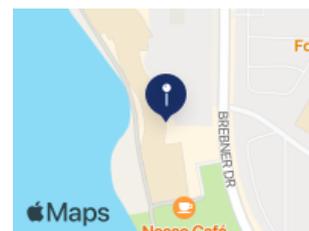




## Cosmic Yoga Studio

### "Yoga For the Body"

Cosmic Yoga Studio is a popular yoga studio that offers contemporary lessons in the ancient art and wisdom of yoga. Experience the power of anti-gravity yoga and hot flow yoga that are practiced in heated classrooms. One can also explore the various asanas and meditation under the guidance of the experienced teachers.



by "Hernan Irastorza" ©

+61 8 8355 4452

[cosmicyogastudio.com.au/](http://cosmicyogastudio.com.au/)

[namaste@cosmicyogastudio.com.au](mailto:namaste@cosmicyogastudio.com.au)

[137-139 Brebner Drive, Adelaide SA](#)

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