

"Best Yoga Centers/Studios in Kolkata"

Created by: Cityseeker

📍 4 Locations Bookmarked

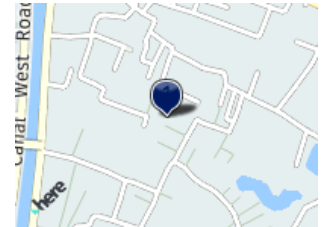


📷 by Robert Bejil Photography

Ghosh Yoga College

"Learn and Earn Through Yoga"

Ghosh Yoga College was established in the year 1923, by Late Yogendra Bishnu Charan Ghosh. This college gives a number of facilities for students. Some of them include individual attention, specific teacher, and certificate course for Teacher's Training and prescription writing. It is one of the foremost institutions that teach Hathayoga. This college emphasizes on the therapy aspects of Yoga and also helps students to attain mental peace. It has a very interesting 'earn while you learn' program that allows you to impart practical training to others as soon as you finish your course.



📞 +91 9903098678

🌐 www.ghoshsyoga.com

✉ info@ghoshsyoga.com

📍 4/2 Ram Mohan Roy Road, Kolkata

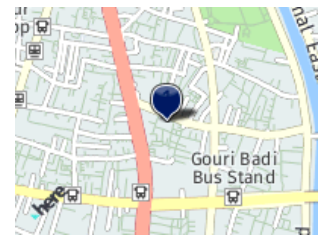


📷 by adifansnet

Temple of Yoga

"Therapeutic Exercises and Yoga"

Temple of Yoga started with an aim to bring physiotherapy and yoga training to all individuals. It also focuses on acupuncture. Yoga is now becoming a popular physical activity among all age groups. The reasons for the same are varied. Some are motivated by the spiritual element and some by the increased fitness that it results in. Temple of Yoga provides therapeutic exercises, wax therapy, postural rehabilitation for the elderly people, relief from knee pain, back pain and cervical spondylitis.



📞 +91 9831095229

🌐 www.templeofyogadolly.org/

✉ templeofyoga.dolly@gmail.com

📍 10A Ultadanga Main Road, Fariapukur, Ultadanga, Kolkata

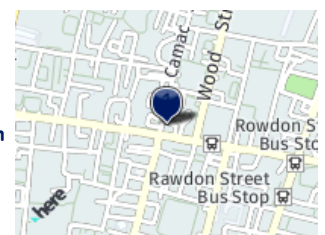


📷 by Nicholas_T

Mystic Yoga Studio

"Yoga Sessions to Stay Fit"

Mystic Yoga Studio offers yoga classes to help you to be fit and focused in life. They have a number of studios in Kolkata and provide around 40 sessions every week in each of their studios. They organise Yoga retreats and Yoga workshops to spread the benefits of Yoga. Customers can also pick up a membership that suites them. This not only turns out to be economical but also beneficial in the long run. Yoga helps to maintain a balance between the body, mind and soul. This Yoga center aims to give the best to its customers so that they feel fresh and energetic as ever.



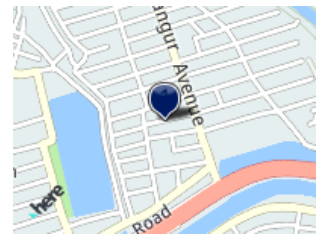
📞 +91 9748649047

🌐 www.mysticyoga.in/

✉ abhishek@mysticmanagers.com

📍 20/A Camac Street, 2nd Floor, Kankaria Estates, Near Standard Chartered Bank, Kolkata





Yoga Plus

"Yoga Center"

Yoga Plus gives you a chance to learn yoga from variety of schools. They have classes that are designed to assist in natural stretching, improving strength, maintaining flexibility and balance. It was founded in the year 2009 and has trained more than 1000 people. It is founded by Dr Rajyam Gupta, who aims to help you achieve peace of mind through yoga. The benefits of yoga are plenty. It helps you to embrace balance and find your way to stillness and peace. Consistent practice of Yoga helps to reduce stress and lead to an overall well-being of an individual.



+91 9874750006



29/1 Bangur Avenue, Block-C, Near Super Market, Bangur,
Lake Town, Kolkata

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