

"Best Yoga Centers/Studios in San Francisco"

Created by: Cityseeker

 3 Locations Bookmarked




International Orange

"Combination of Yoga & Spa Treatments"

Switch off your busy cellphone and slip into loose comfortable robes at the International Orange Spa Yoga Lounge. This peaceful day spa and yoga center offers treatments for your physical and mental well being in a calm and soothing setting. The combination of relaxing treatments like bathing rituals, massages and acupuncture with various types of yoga will leave you replenished and relaxed. A plethora of skin and body treatments like facials, essential oil head and neck massages, collagen eye treatments, waxing, reflexology and more are on offer. Guests can enjoy refreshments on the redwood sun-deck prior to or after their treatments.



 +1 888 894 8811

 www.internationalorange.com/

 info@internationalorange.com

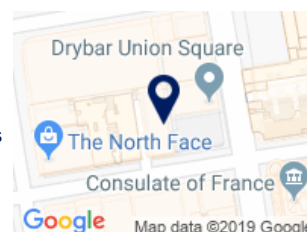
 2044 Fillmore Street, Second Floor, San Francisco CA




Peak Performances Pilates Center


"Body Conditioning"

Peak Performances Pilates Center was the first to introduce classic Pilates in the Bay Area and is well known for it. They train people in strengthening muscles and staying fit through unique methods like Pilates, rehabilitation, ergonomics, Feldenkrais body work and physical therapy. Classes for individuals and groups both are conducted which are divided into different levels, also a special teacher's course is offered.



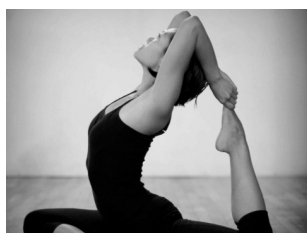
 by Sandra Fang

 +1 415 392 9662

 www.peakperformancepilates.com/

 js@peakperformancepilates.com

 126 Post Street, 3rd Floor, San Francisco CA



Yoga Tree Valencia

"Appointment with Yoga"

Yoga Tree is a well known yoga studio with over five locations in San Francisco. The studio conducts classes which are divided in different levels like beginners, intermediate and the likes. Different forms of yoga are taught here and a course is specially designed for the future yoga teachers. Apart from yoga, the studio also offers massage treatments and meditation which helps in training a sound mind and body.




 by ariane_hunter 

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 1234 Valencia Street, Between 23rd and 24th Streets, San Francisco CA

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