

## "Best Yoga Centers/Studios in Philadelphia"

Created by: Cityseeker

📍 4 Locations Bookmarked



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### Shanti Yoga Shala

"Health and Wellness Through Yoga"

If you are looking for a flexible and caring environment in which to learn and practice Yoga, the Shanti Yoga Shala is the perfect place for you. Offering classes in Ashtanga and Vinyasa yoga, the studio is a great place for beginners and experts alike as the classes are suited to a range of styles, combinations and levels of knowledge. While registrations are not required, it is advisable to call ahead to check availability or book a class online as only a limited number are permitted in each class. The prenatal classes are designed to ensure the wellbeing of both mother and unborn child, while the post-natal classes offer a unique bonding experience for new mothers and their babies. Teacher training and ayurvedic consultations are also offered, in keeping with the studio's goal to provide holistic wellness under a single roof. Providing uniquely flexible programs that allow individual autonomy, Shanti Yoga Shala has much to offer anyone who wishes to make yoga a part of their daily lives. The classes are reasonably priced, and drop-ins are welcome.

📞 +1 215 923 9642

🌐 [www.shantiyogashala.org/](http://www.shantiyogashala.org/)

✉ [info@shantiyogashala.org](mailto:info@shantiyogashala.org)

📍 262 South 12th Street, Philadelphia PA



📷 by Nicholas\_T ©

### Philly Power Yoga and Thrive Pilates

"Balance, Strength and Freedom From Stress"

With a growing movement towards a more well-rounded approach towards health and wellness, yoga and pilates have come to be the top choice for many. Philly Power Yoga and Thrive Pilates provides its clients all the resources they need to design a balanced and complete wellness regime that is suited to their individual needs. Group classes for yoga, pilates, cardio and barre are available alongside private and semi-private training. Private group sessions can be arranged on demand. Therapeutic massage, prenatal and post-natal yoga, prenatal massage, summer programs for teens and nutritional counselling are also available. While the prices are affordable in general, keep an eye out for special promotions and offers to get the best value for your buck. A more cheerful, welcoming and caring place would be hard to find; Perfect for the pursuance of mental, spiritual and physical health.

📞 +1 267 908 5395

🌐 [yandpphillly.com/](http://yandpphillly.com/)

✉ [info@yandpphillly.com](mailto:info@yandpphillly.com)

📍 2016 Walnut Street, Philadelphia PA



📷 by Hernan Irastorza ©

### Yoga Garden

"Yoga for All"

Yoga Garden is one of Philly's premier yoga studios, offering a range of classes and programs that are suited to just about every age group, proficiency level and style imaginable, including teacher training programs, birthday party packages for kids and beginner level classes. Apart from regular adult classes, the studio also offers prenatal classes and child appropriate programs that extend the well known benefits of yoga to these often neglected groups. Workshops are often organized to provide a new approach to those already well-versed with the practice of yoga, as well as introductory workshops to help beginners identify which



long-term program would best meet their needs. Beginner specials, loyalty benefits and promotions, make the classes especially affordable. In association with Gail Silver, the studio offers an in-school yoga program called "Yoga Child" that offers a creative and age appropriate approach to yoga that can be applied right from pre-school to grade 12 level. This excellent program helps children deal with stress and health related issues from an early age itself, thus preventing the development of long-term behavioural, emotional and bodily problems. Contact the studio to find out how you can make the most of their services.

+1 215 238 0989

[www.yogagardenphilly.com/](http://www.yogagardenphilly.com/)

[info@yogagardenphilly.com](mailto:info@yogagardenphilly.com)

903 South Street,  
Philadelphia PA



by Robert Bejil Photography

## Yoga on Main

### "Come to Life"

While Yoga on Main is essentially a yoga studio, it offers its clients a whole range of wellness services that complement and enhance the benefits of the regular practice of yoga. The studio mainly offers Hatha Yoga and pilates classes that cover a range of styles and levels, combining an active workout with meditation. The classes are designed on the firm belief that only when every aspect of the being is healthy and in a state of harmony with the rest, can wellness be achieved. Yoga on Main also offers prenatal classes, retreats, teacher training programs and wellness services like therapeutic massages, reiki treatments, reflexology, shiatsu, flower essence therapy and a number of other holistic options. Check out their website for more details and stay updated on the latest events and programs on offer.



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