

## "Best Yoga Centers/Studios in Atlanta"

Created by: Cityseeker

📍 4 Locations Bookmarked



📷 by Dennis Wong ©

### Exhale Mind Body Spa

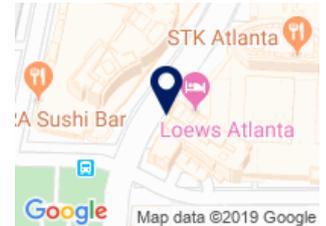
#### "Breathe Out the Negatives"

The seventh floor of the Loews Atlanta Hotel is an area of serenity. Home to Exhale Mind Body Spa, this is a great place to come to, when you want to rejuvenate yourself. This studio offers yoga classes for a harmonious well being, as well as barre exercises, cycling and cardio workouts for those who wish to sweat it out. Following the rigorous regime, recuperate with some spa therapies, or unwind at the steam room, hammam or sauna. Check website for schedule of classes and participate.

☎ +1 404 720 5000

🌐 [www.exhalespa.com/locations/atlanta/](http://www.exhalespa.com/locations/atlanta/)

📍 1065 Peachtree Street, 7th Floor, Loews Atlanta Hotel, Atlanta GA



📷 by Nicholas\_T ©

### Stillwater Yoga Studio

#### "Midtown Yoga"

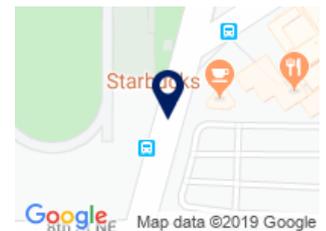
Stillwater Yoga Studio in Midtown is a popular Yoga institute in the neighborhood. Propounding the B.K Iyengar school of yoga and meditation, it conducts about 30 classes daily for the benefit of children and adults in the neighborhood. With expert yoga masters employed as instructors, the organization also conducts regular workshops, encouraging people to start living healthy not only physically but mentally too. Featuring wooden floor, comfortable yoga mat, changing rooms, bathroom and a library, this well-equipped yoga center is located in the Promenade Shopping Center.

☎ +1 404 607 9090

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

✉ [stillyoga@mindspring.com](mailto:stillyoga@mindspring.com)

📍 931 Monroe Drive Northeast, Promenade Shopping Center, Atlanta GA



📷 by adifansnet ©

### Atlanta Hot Yoga

#### "Popular Yoga Studio"

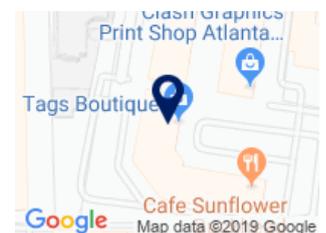
Reap the benefits of yoga in a heated environment at this popular yoga studio located in Buckhead. Consistently ranked among the best yoga studios in the city, Atlanta Hot Yoga offers a diverse array of classes to suit everyone from people who're just starting off, to experienced practitioners. For those no into hot yoga, the center offers traditional disciplines as well. Certified instructors with a good amount of experience, ensure a safe and fulfilling experience. Besides yoga, the center also offers pilates and power classes. Check website for more.

☎ +1 404 355 2652

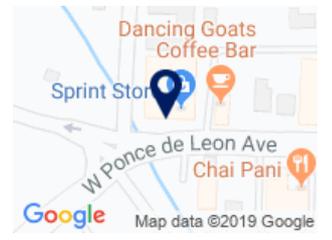
🌐 [www.atlhotyoga.com/](http://www.atlhotyoga.com/)

✉ [atlantahotyoga@gmail.com](mailto:atlantahotyoga@gmail.com)

📍 2140 Peachtree Road Northwest, Suite 230, Atlanta GA







## Decatur Yoga & Pilates

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### "Harmonious Body and Mind"

Attain tranquility by indulging in yoga, or shed those extra pounds with a pilates routine at Decatur Yoga & Pilates. Located in the heart of Decatur, this fitness studio has been delighting clients with successful regimes for over a decade. The courses offered here can be practiced by people of various age groups. Hot Classes include more strenuous yoga moves in a heated room, which will ensure a satisfying workout session. Special courses for young ones are also conducted at Decatur Yoga & Pilates. Check website for further details and participate.

 +1 404 377 4899

 [decaturhotyoga.com/](http://decaturhotyoga.com/)

 [yogaisgood@decaturhotyoga.com](mailto:yogaisgood@decaturhotyoga.com)

 431 West Ponce de Leon Avenue, Decatur GA

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