

"Best Yoga Centers/Studios in Houston"

Created by: Cityseeker

 3 Locations Bookmarked

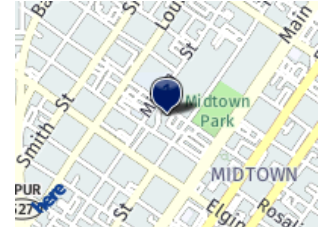


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YogaOne Studios

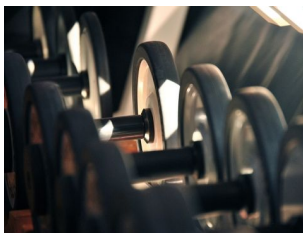
"Variety of Yoga Classes"

A popular Yoga studio chain across Houston, YogaOne Studios in midtown offers focuses on healing and rebuilding through a variety of classes such as restorative yoga, flow yoga, forrest yoga and many more. Their qualified and friendly yoga instructors will help you build flexibility and get your asanas right. Under the same roof is their One Love Juice Bar & Cafe which prepares fresh juices, smoothies and coffee drinks for you. Open to all ages and all levels, visit this place for solace, rejuvenation and a holistic way of living.



 +1 713 522 0876

 3030 Travis Street, Houston TX

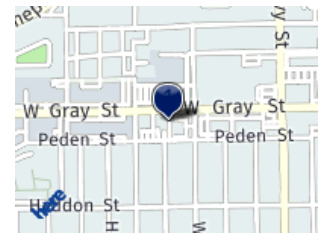



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River Oaks Gym

"Get fit"

River Oaks Gym is one place where you can go to get into shape. Located in the neighborhood of River Oaks, this gym is well equipped with exclusive and top-notch training equipment which will help you get in shape in no time. Since this gym hands out a membership only to limited people, you can ensure access to most of the equipment even during the peak hours. Their nationally certified trainers guide you about the right exercises and the right machines depending on your body type and requirements. You can also head down to their spacious shower stalls to get changed after working up a sweat.



 +1 713 528 4600

 www.riveroaksgym.com/  info@riveroaksgym.com

 1937 W Gray St West Gray Street, Houston TX

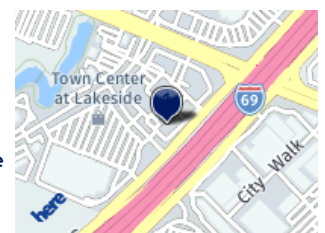



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Bikram Yoga Sugar Land

"Intense Yoga Sessions"

Move over regular yoga and achieve mental peace and lose weight simultaneously by practicing hot yoga at Bikram Yoga Sugar Land. For the uninitiated, Bikram yoga is a type of hot yoga where the poses and breathing exercises are practiced in a room heated to 40 degrees Celsius that speeds up the process of weight loss and flushing out toxins from your body. The studio is spacious and the certified yoga instructors over here teach you the 26 signature poses of the original Bikram yoga that stimulates all parts of the body, encouraging blood flow, increasing mental clarity, and burning loads of calories.



 +1 281 565 1667

 bikramyogasugarland.com/

 16126 Southwest Freeway, Suite 270, Houston TX

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