

"Best Yoga Centers/Studios in Tokyo"

Created by: Cityseeker

📍 5 Locations Bookmarked

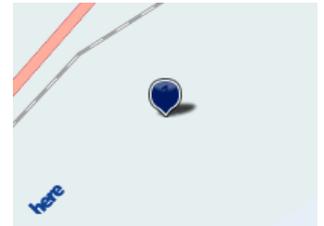


📷 by Nicholas_T ©

LAVA

"Sweat It Out"

Burn off those extra calories as you stretch in a temperature controlled room at LAVA, the hot yoga studio. This studio teaches the contemporary yoga technique of practicing the classic asanas in a room which is warmer than the external, ambient temperature. This type of yoga helps in sweating more and is a faster way to look fit and fab. LAVA offers yoga classes directed to specific body parts like Legs Yoga, Stomach Tightening Yoga and more for getting you the toned look. Power yoga, advanced yoga, hot pilates and other classes are also available according to taste and expertise. Call on +81 570 00 4515 for more information.



📞 +81 570 00 4515

📍 3-3-1 Ginza, ZOE Ginza fourth floor, Tokyo

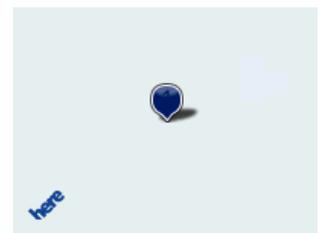


📷 by adifansnet ©

Be Yoga Japan

"Holistic Fitness Approach"

Take some time off from your busy schedule and enroll yourself at the Be Yoga Japan to get that healthy body. This yoga studio is known for being one of the few yoga centers to teach ISHTA yoga. ISHTA stands for Integrated Sciences of Hatha, Tantra and Ayurveda, helping one achieve the balance between body and mind and making them healthy. Whether you are a beginner or an expert, Be Yoga Japan offers classes for all levels. Besides the usual routine, there are special classes for meditation and pre-natal yoga for mothers-to-be. The expert teachers encourage you to be comfortable and learn yoga at your own pace and guide you to take steps towards a fit lifestyle.



📞 +81 3 6277 0177

🌐 www.beyogajapan.com/

✉ info@beyogajapan.com

📍 5-10-26 Minami-azabu, 4th Floor ORE Hiroo Building, Tokyo

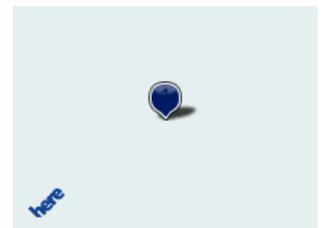


📷 by Robert Bejil Photography

Under The Light Yoga School

"Yoga For Everyone"

Take a step towards healthy lifestyle by enrolling yourself for classes at Under The Light Yoga School. This yoga studio offers courses for everyone, be it a beginner or an expert and teaches the various body stretches from the traditional and modern yoga that help you achieve a fit body and mind. There is a Mysore course that offers classes for Ashtang Vinyasa Yoga and Ashtanga Yoga course which is a traditional South Indian yoga practice that focuses on yoga stretches and breathing techniques. Besides, there are dedicated classes for meditation and pre-natal yoga classes specially designed for the mothers-to-be.



📞 +81 3 5351 5501

🌐 www.underthelight.jp/

✉ info@underthelight.jp

📍 1-53-4 Yoyogi, Shogakukaikan-bekkan 4F, Tokyo



by Hernan Irastorza

Brighton Studio Daikanyama

"Step Towards Fitness"

Take a break from your hectic schedule and dedicate some time for fitness with yoga classes available at Brighton Studio Daikanyama. Whether its refreshing yoga stretches or enjoying a dance session, this terrace studio is complete fitness zone. The studio is known for its Hatha yoga training that helps you achieve a healthy mind and body and also offers special sessions for the mothers-to-be. In addition to yoga, Brighton Studio Daikanyama offers belly dance training which is also a great exercise and cardio regimen. Besides fitness, this venue is known for hosting private events, so check their website to know more about the current programs.



www.brighton-studio.com/daikanyama/

infostaff.bsd@gmail.com

[12 Shibuyacho, PAL Building 3 Floor & R Floor, Tokyo](#)

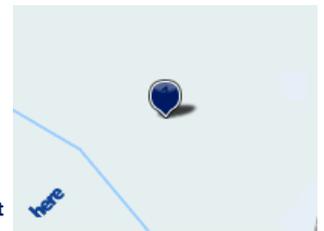


by Robert Bejil Photography

Yogajaya

"Fitness First!"

Make your way to a healthy lifestyle by enrolling yourself for yoga classes at Yogajaya. This yoga studio offers courses from beginner level to intermediate and expert levels and is suitable for students of all types. Yogajaya specializes in teaching the Hatha Yoga which is basically aims at unifying body, spirit and mind and resulting in a healthy personality. In addition to the regular classes, the studio offers several yoga workshops and teachers' training programs for the enthusiasts.



[+81 3 5784 3622](tel:+81357843622)

www.yogajaya.com/

info@yogajaya.com

[1-25-11 Ebisunishi, Tokyo](#)

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