cityseeker

"Best Yoga Centers/Studios in Miami"

Realizado por : **Cityseeker**

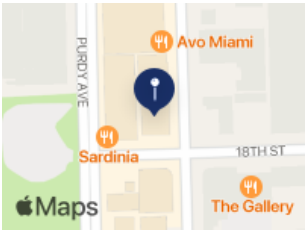
3 Ubicaciones indicadas

by "Robert Bejil Photography"

Green Monkey Miami Beach

"Yoga for the Soul"

Set just off the west coast, Green Monkey Miami Beach claims to be one of the finest yoga facilities in the city. Regardless of your body type, work routine and experience with yoga, this studio sets you on the path towards a healthy life. Its team of knowledgeable trainers encourage and inspire members to push their physical and mental boundaries in a quest towards achieving one's fitness goals. While most sessions are organised at their cozy setting, trainers do occasionally conduct sessions at the beach or at the square.



+1 305 397 8566

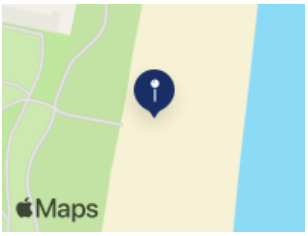
1800 Bay Road, Miami Beach FL

by Robert Bejil Photography

3rd Street Beach Yoga

"Elevarse y brillar"

Ideal para comenzar y terminar el día con un poco de yoga sobre la arena dorada de Miami. Este proyecto comunitario sin fines de lucro, formado por profesores de yoga y entusiastas, dan la bienvenida tanto a locales como a turistas, principiantes o expertos, a unirse a ellos en una gran variedad de clases de yoga. El grupo se reúne dos veces al día en la playa cerca de 3rd Street y Ocean Drive: una vez a las 7 hs. y una vez a las 18 hs. (17hs. durante el invierno). Hay que llevar una toalla de playa y sumergirse en el ambiente único y gratificante del yoga.



+1 786 529 6423

3rdstreetbeachyoga.com/

3rdstreetbeachyoga@gmail.com

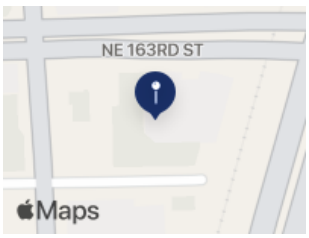
Ocean Drive, Lifeguard Hut, 3rd Street, Miami Beach FL

by "Hernan Irastorza"

Ayama Yoga Center

"Healing with Yoga"

Ayama Yoga Center offers a variety of classes and workshops for participants of various experience levels. Set out on a quest towards physical and mental fitness, under the guidance of experienced instructors. Learn the basics of yoga and mediation, through aasanas and poses that focus on bodily function and development. Specialized courses like Vinyasa, Kundalini and Hatha are also offered for those looking for a more advanced session. The cost of sessions depends upon the duration of the course.



www.ayamayoga.com/

2250 Northeast 163rd Street, Miami FL

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cityseeker.com

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