

"Best Yoga Centers/Studios in Portland"

Créé par: Cityseeker

 2 Emplacements marqués

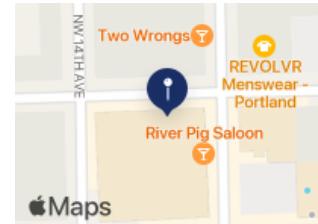


 by Public Domain 

YoYo Yogi

"Gaining Flexibility & Strength"

Owners Terri and Alex Cole, seeking adventure, began their journey of visiting 100 yoga studios in 100 days in 2009. Traveling up and down the west coast, this married duo knew by the end of their journey it was time to create their own yoga space in the City of Roses. Thus YoYo Yogi was born. Today this popular yoga studio is a beloved local favorite with a variety of yoga class available. So bring your mat, water bottle and open mind and be prepared to find a new passion.



 +1 503 688 5120

 www.yoyoyogi.com/

 yogis@yoyoyogi.com

 1306 Northwest Hoyt Street,
Suite 101, Portland OR

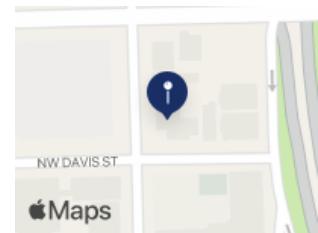


 by Public Domain 

The Yoga Space Northwest

"Get Aligned"

The Yoga Space Northwest is just a few steps away from the St. Mary's Cathedral. Set in a former chapel, this studio with its stained glass windows and high ceilings has beautiful and serene ambiance to it. Besides their two yoga spaces, this facility also features a cozy lounge, a meditation room, two bathrooms and a terrace. The brainchild of Michele Loew, this establishment follows the style of yoga guru, Krishnamacharya. From Vinyasa to Hatha, Yin to YinYoga and Ashtanga, they teach these styles and more to beginners and advanced practitioners. Their expert teachers will guide you in the forms and postures of this ancient practice in a safe environment.



 +1 503 281 6282

 www.theyogaspace.com/

 info@theyogaspace.com

 210 Northwest 17th Avenue,
Portland OR

REJOIGNEZ-NOUS A:

cityseeker.com