

"Best Yoga Centers/Studios in Montreal"

Realizzata per : Cityseeker

📍 4 Posizioni indicati



📷 by Hernan Irastorza ©

Luna Yoga

"For Strength And Stillness"

Luna Yoga is nothing less than a wellness sanctuary located in the bustling heart of the city. If you wish to work on your health and fitness by incorporating calmness into your being then this is just the right place for you. The teachers at Luna Yoga are themselves passionate about yoga and they instill the same discipline in their students. Along with regular asanas, soothing music and chanting create a serene environment which makes practice fun and exciting.



☎ +1 514 845 1881

💻 www.lunayoga.ca/

📍 231 Rue Saint Paul Ouest, Suite 200, Montreal QC



📷 by adifansnet ©

Ensō Yoga

"Fitness, the Yogic Way"

Allow the talented professionals of Ensō Yoga to guide you along the path to a more holistic state of well-being through the practice of Hot Yoga and Pilates. This downtown yoga studio is refreshingly modern in its approach to the practice of Vinyasa yoga, with flexible class schedules that are designed to suit the hectic lifestyle of an office employee. The Hot Lunch Class is especially popular amongst working professionals who rarely have the time to invest in a fitness regime outside their lunch hour. The modern and well-appointed studios are especially conducive for a workout that is both relaxing and invigorating, while amenities like showers, complimentary lockers and a lounge for relaxation are just a few of the added perks of choosing to work with the well-trained teachers of Ensō Yoga. Besides Hot Yoga, the studio also offers barre, pilates and a few other options.



☎ +1 514 419 9642

💻 ensoyoga.ca/

✉ info@ensoyoga.ca

📍 1470 Rue Peel, Tower B, Suite 100, Montreal QC



📷 by Robert Bejil Photography

Moksha Yoga Montréal

"Intense Yoga"

Moksha Yoga Montréal is one of the best institutions in town for hot yoga. This Eco-friendly studio offers affordable classes for those interested to do intense cardiovascular exercises through yoga. The heated room combined with the vigorous postures not only detoxifies but also calms your body. They have programs for various levels, including pre-natal courses. You can check out their store on-site for yoga mats and towels which are rented out. This studio also features showers, lockers and changing rooms.



☎ +1 514 288 3863

💻 montreal.mokshayoga.ca/

✉ info@mokshayogamontreal.com

📍 3863 Boulevard Saint-Laurent, Suite 205, Montreal QC



by Nicholas_T

HappyTree Yoga

"Heal With Yoga"

If fitness and health are your priorities, then HappyTree Yoga is the place to be. This fitness center uses a variety of yoga forms to help you in achieving a balance between your mind and body. From stretches to meditation and massages, all aspects of healing come together at HappyTree Yoga. In addition, they also offer a number of healing practices. Programs for corporates and families can also be found at HappyTree Yoga. Their teachers are highly knowledgeable and they partner you in your fitness journey.



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