

"Best Yoga Centers/Studios in Fort Lauderdale"

Criado por : Cityseeker

📍 5 Localizações indicadas

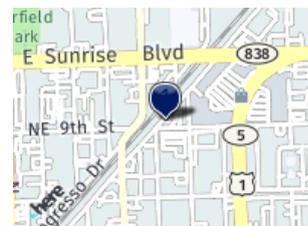


📷 by Grand Velas Riviera Maya
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Red Pearl Yoga

"Harmonious You"

Red Pearl Yoga, located in the thriving MASS District in downtown Fort Lauderdale, has offered a variety of yoga classes for nearly twenty years. Students can enjoy classes ranging from Slow Flow to Power Yoga, as well as those based in traditions like Iyengar, Ashtanga, and Vinyasa. Moreover, veterans and active military personnel are invited to join the free weekly Connected Warrior class. Stop by for a rejuvenating class or book a private session. You can't go wrong at Red Pearl Yoga.



📞 +1 954 828 1651

🌐 www.redpearlyoga.com/

✉ info@redpearlyoga.com

📍 904 North Flagler Drive, Fort Lauderdale FL

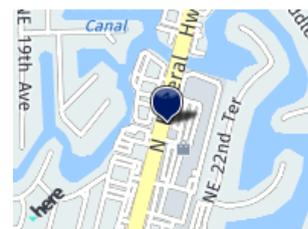


📷 by Robert Bejil Photography

The Barkan Method Hot Yoga

"Hot Yoga Studio"

Pioneered by renowned practitioner Bikram Choudhury in the 1970s, hot yoga is a system, which advocates practicing the postures in a heated environment for better flexibility. The Barkan method of yoga finds its roots in the Indian city of Kolkata, and is an amalgamation of various style of yoga. Besides this style, the expansive studio offers numerous other disciplines like vinyasa yoga, all performed in a heated environment. The studio offers a diverse array of classes to suit beginners as well as experienced practitioners. For those keen to take up yoga full-time, the center also offers teacher training courses.



📞 +1 954 563 0488

🌐 www.barkanmethod.com/location-ft-lauderdale/?view=edit

📍 2370 North Federal Highway, Fort Lauderdale FL

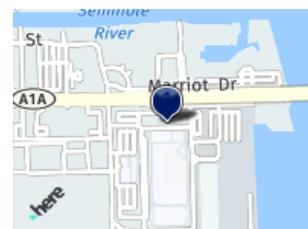


📷 by adifansnet ©

Yoga Joint South

"World Class Yoga Studio"

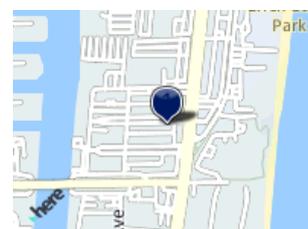
Yoga Joint South is a popular and highly specialized yoga center that's located in the Harbordale district. They offer a wide range of classes that are carefully tailored to suit the needs of every individual right from beginners to advanced practitioners. The Yoga Joint South also offers babysitting facilities so you can bring your kids along too. The facilities are clean and very well-maintained and the ambiance is extremely serene and welcoming.



📞 +1 954 764 7744

🌐 www.theyogajoint.com/

📍 1850 Southeast 17th Street, Unit 303, Fort Lauderdale FL



The Bombay Room Yoga Studio

"Experience Calmness"

The Bombay Room Yoga Studio offers courses in yoga that can be practiced by everyone, regardless of their physical capabilities or skill level. The certified instructors have been trained in this art form, and are sure to guide you well. Yoga brings equilibrium to a tense mind and body; enroll in a class and experience the relaxation it brings after a hectic day. Check the website for the course schedule and participate.

 +1 954 567 1110

 www.bombayroomyoga.com/

 hamiltonmargit@gmail.com

 3354 Northeast 33rd Street,
Galt Ocean Mile, Fort
Lauderdale FL

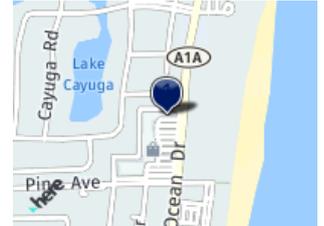


 by Hernan Irastorza 

Kate Yoga Studio

"Excellent Yoga Studio"

Kate Yoga Studio is located in the Sea Ranch Lakes district and is a great place to relax and rejuvenate. The studio is spacious and has a serene ambiance. Combine this with helpful and knowledgeable instructors, soothing music, and clean facilities for a perfect session of Yoga. The classes on offer include Therapeutic, Restorative, Hot Yoga, and other classes that are perfectly tailored to suit patrons of every level. Stop by for a class and you're sure to keep coming back for more.



 +1 954 545 5582

 www.kateyogastudio.com

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