

"Best Yoga Centers/Studios in Kolkata"

Criado por : Cityseeker

📍 3 Localizações indicadas

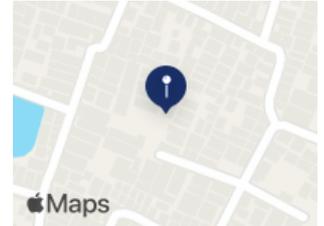


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Ghosh Yoga College

"Learn and Earn Through Yoga"

Ghosh Yoga College was established in the year 1923, by Late Yogendra Bishnu Charan Ghosh. This college gives a number of facilities for students. Some of them include individual attention, specific teacher, and certificate course for Teacher's Training and prescription writing. It is one of the foremost institutions that teach Hathayoga. This college emphasizes on the therapy aspects of Yoga and also helps students to attain mental peace. It has a very interesting 'earn while you learn' program that allows you to impart practical training to others as soon as you finish your course.



📞 +91 9903098678

🌐 www.ghoshsyoga.com

✉ info@ghoshsyoga.com

📍 4/2 Ram Mohan Roy Road, Kolkata

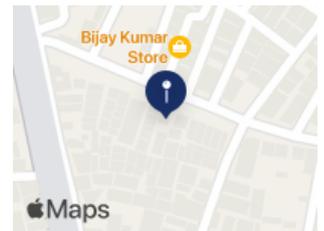


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Temple of Yoga

"Therapeutic Exercises and Yoga"

Temple of Yoga started with an aim to bring physiotherapy and yoga training to all individuals. It also focuses on acupuncture. Yoga is now becoming a popular physical activity among all age groups. The reasons for the same are varied. Some are motivated by the spiritual element and some by the increased fitness that it results in. Temple of Yoga provides therapeutic exercises, wax therapy, postural rehabilitation for the elderly people, relief from knee pain, back pain and cervical spondylitis.



📞 +91 9831095229

✉ templeofyoga.dolly@gmail.com

📍 10A Ultadanga Main Road, Fariapukur, Ultadanga, Kolkata

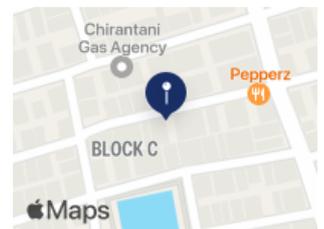


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Yoga Plus

"Yoga Center"

Yoga Plus gives you a chance to learn yoga from variety of schools. They have classes that are designed to assist in natural stretching, improving strength, maintaining flexibility and balance. It was founded in the year 2009 and has trained more than 1000 people. It is founded by Dr Rajyam Gupta, who aims to help you achieve peace of mind through yoga. The benefits of yoga are plenty. It helps you to embrace balance and find your way to stillness and peace. Consistent practice of Yoga helps to reduce stress and lead to an overall well-being of an individual.



📞 +91 9874750006

📍 29/1 Bangur Avenue, Block-C, Near Super Market, Bangur, Lake Town, Kolkata

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cityseeker.com