

METRO MANILA YOGA STUDIOS as of May 2017

Location	Studio/Community	Address	Yoga Classes	Website
Las Pinas City	The Yoga Way	2F Rubetan Building, PhilAm Com Building, Starr Ave.	Ashtanga, Vinyasa, Gentle Flow, Power	
Makati City	Beyond Yoga	3F 38 Rockwell, Rockwell Drive, Rockwell Center	Ashtanga, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com
Makati City	Bikram Yoga Manila	15F 88 Corporate Center, 141 Valero, cor Sedeno St.	Bikram	https://www.facebook.com/BikramYogaManila
Makati City	Bliss Yoga	203 Plaza One Hundred, Rufino cor Dela Rosa St., Legaspi Village	Yoga Fundamentals, Gentle flow, Vinyasa flow, Jivamukti, Bhakti Urban flow, Hot flow, Power yoga, Yin yoga, Spiritual warrior	http://www.blissyogamanila.com
Makati City	ECHOyoga Shala	3F Fitness Center, New World Hotel, Esperanza St.	Gentle flow, Vinyasa flow, Led & Mysore Ashtanga, Kundalini	https://www.facebook.com/echoyogashala
Makati City	Iyengar Yoga Center	4F Joya South Tower, Rockwell Center	Iyengar, Pre-natal yoga	http://www.iyengaryogamanila.com
Makati City	Stillpoint Manila	Century Plaza, 120 Perea, Legazpi Village	Led & Mysore Ashtanga, Bhakti	https://www.facebook.com/stillpointmanila
Makati City	Surya Fitness & Yoga	Medicard Lifestyle Center, 51 Paseo de Roxas cor Sen. Gil Puyat Ave.	Basic yoga, Hatha yoga, Vinyasa, Ashtanga	http://www.suryafitnessyoga.com
Makati City	Urban Ashram	5F Alphaland City Club, Ayala Avenue Extension cor Malugay St.	Flexibility Not Required (FNR), FNR Athletics, Vinyasa, Gentle Flow, Restorative, Pranayama & Meditation, Kundalini	http://urbanashramyoga.com
Makati City	Yoga+	3F Cambridge Centre, Tordesillas cor Gallardo St., Salcedo Village	Hot, Hot Core, Ashtanga, Flow, Jivamukti, Fundamentals, Yin, Meditation	https://www.yogaplus.ph
Makati City	Yoga+ Express	6F Jose Cojuangco & Sons Bldg, 119 Dela Rosa St., Legaspi Village'	Hot, Hot Core, Flow, Jivamukti, Fundamentals, Yin	https://www.yogaplusexpress.com

Mandaluyong City	Yoga Manila	Chi Spa Yoga Studio, EDSA Shangri-La, 01 Gardenway, Ortigas Center	Led & Mysore Ashtanga	http://yogamanila.com
Mandaluyong City	Yoga+	Level 4 The Podium, ADB Avenue, Ortigas Center	Hot, Hot Core, Ashtanga, Flow, Jivamukti, Fundamentals, Yin, Meditation	https://www.yogaplus.ph
Manila City	Yoga Malate	3F Ramona Apartments, 1555 Adriatico St., Ermita	Vinyasa, Ashtanga	
Manila City	Go Yoga-Manila	Orlando Suites, Estrada cor Singalong St., Malate	Vinyasa	www.vinasaysyoga.com
Muntinlupa City	Evolve Yoga & Fitness	2F CommerCenter, Commerce Ave., Filinvest Corporate City, Alabang	Bikram, Ashtanga, Vinyasa, Candelight Flow, Gentle Flow, Absolute Hot, Yin, Hot Vinyasa, Baptiste Power Flow,	http://www.evolve.com.ph
Muntinlupa City	Beyond Yoga	Westgate Center, Filinvest City, Alabang	Ashtanga, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com
Muntinlupa City	Ekagrata Sala	525 Country Club Drive, Ayala Alabang Village	Ashtanga, Vinyasa, Yin, Pregnancy	http://www.ekagratasala.com
Muntinlupa City	Yoga Manila	405 Bougainvilla cor Sanggumay St., Ayala Alabang Village	Led & Mysore Ashtanga	http://yogamanila.com
Paranaque City	Yoga Philippines	38 Aguirre Ave., BF Homes	Led & Mysore Ashtanga, Ashtanga Basics, Gentle yoga, Vinyasa, Kundalini	http://yoga-philippines.weebly.com
Paranaque City	TreeHouse Yoga	3F RGM Center, 366 El Grande Ave. Phase 3, BF Homes	Vinyasa, Ashtanga, Mat Yagalates, Yin, Hatha, Yin-Yang, Power Hatha, Jivamukti	http://www.treehouseyogaph.com
Pasay City	Beyond Yoga	4F Prism Plaza, Five ECom Center, Harbor Drive cor Bayshore Ave. SM Mall of Asia Complex	Ashtanga, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com
Quezon City	Ananda Marga	46 Maamo St., Sikatuna Village	Tantra yoga	http://www.yogainmanila.org
Quezon City	Beyond Yoga	3F II Terrazo, Tomas Morato Ave. cor Sct. Madrinan St.	Ashtanga, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com

Quezon City	Bikram Yoga	5F CKB Centre, 203 Tomas Morato Ave.	Bikram	https://www.facebook.com/bikramyogamanilaqc
Quezon City	Iyengar Yoga Center	69 Simoun St. cor Banawe St.	Iyengar, Pre-natal yoga	http://www.iyengaryogamanila.com
Quezon City	Oasis Yoga + Movement Studio	2F 88 Capitol Hills Drive, Old Balara	Hatha vinyasa, Ashtanga, Pre-natal yoga	
Quezon City	White Space Mind & Body Wellness	6F Regis Center, 327 Katipunan Ave., Loyola Heights	Yoga Basics, Hatha, Vinyasa, Ashtanga, Yin, Prenatal & Postnatal	http://www.whitespacewellness.com
San Juan City	Beyond Yoga	2F Metropointe Center, P. Guevarra cor. N. Averilla St.	Ashtanga, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com
San Juan City	Bikram Yoga	3F Fox Square Building, 53 Connecticut S	Bikram, Vinyasa	https://www.facebook.com/BikramYogaGH
Taguig City	Beyond Yoga	C203-C209-C2011 2F Serendra, Bonifacio Global City	Ashtanga vinyasa, Hatha Hot, Jivamukti, Power yoga, Restorative, Anti-gravity yoga, Kids yoga	http://www.igobeyondyoga.com
Taguig City	Urban Ashram	3F Active Fun Building, 9th cor 28th Ave., Bonifacio Global City	Flexibility Not Required (FNR), FNR Athletics, Vinyasa, Gentle Flow, Restorative, Pranayama & Meditation, Kundalini	http://urbanashramyoga.com
Taguig City	Evolve Yoga & Fitness	Central Ground Athletics, GF One Parkade, 7th cor 28th Ave., Bonifacio Global City	Bikram, Ashtanga, Vinyasa, Candelight Flow, Gentle Flow, Absolute Hot, Yin, Hot Vinyasa, Baptiste Power Flow,	http://www.evolve.com.ph
Taguig City	Yoga+	11F The Fort Legend Tower, 3rd Ave cor 31st St., Bonifacio Global City	Hot, Hot Core, Ashtanga, Flow, Jivamukti, Fundamentals, Yin, Meditation	https://www.yogaplus.ph
Taguig City	Yoga+ Express	B138 Venice Grand Canal Mall, McKinley Hill	Hot, Hot Core, Flow, Jivamukti, Fundamentals, Yin	https://www.yogaplusexpress.com
Taguig City	Life Yoga Center	2F Forbestown Center, 8 Forbestown Road	Vinyasa, Candle-lit Vinyasa, Yin, Rocket, Hot	http://www.lifemindbodysoul.com