



TOP YOGA STUDIO



The Woodlands Yoga Studio

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The Woodlands

Yoga Studio

AS SEEN IN



Dedicated to teaching true yoga in the Hatha tradition, The Woodlands Yoga Studio is a sanctuary that nurtures your mind, body and spirit. It's a place that welcomes you to come and be still, and to foster a sense of connection and find solace among friends. It's a place to also come and work out and put a glistening in your eyes and a smile on your face.

It's also for everyone – people of all ages- and the studio's extensive schedule of 40 classes per week makes it convenient for you to fit yoga in to your lifestyle. There is every level and style of yoga imaginable. For our Intermediate and Advanced classes our program is "warm" (above 80 degrees). For other types of classes the temperature is cooler.

This studio stands apart from the crowd. We are proud to have the very best and most highly trained, certified instructors in the area. Many of our teachers have been trained in the style of Anusara yoga that has an emphasis on alignment, while other instructors have been trained in Iyengar, Yin and Ashtanga.

Unlike places where teachers are up on a daze doing the class, our instructors constantly walk around the class engaging students individually to help ensure poses are done properly. And if the class is large, there will typically be two instructors assisting students.

Your health and safety are important to us. We help you not only select the level of classes that are appropriate, but teach yoga with an individualized approach so it's almost like having a personal trainer with you.

Not only are the instructors at The Woodlands Yoga Studio well qualified with many having completed more than 500 hours of training and certification, but each have been teaching yoga for years. We have a very diverse group, a chiropractor, an occupational therapist, a dance instructors, a former gymnast, a flight attendant, a breast cancer survivor and even an IT system engineer to name a few of the walks of life our teachers come from.

Founded in 2004, The Woodlands Yoga Studio is in its 13th year of business serving The Woodlands, Conroe, Magnolia, Spring communities. We offer 9 types of classes with a schedule of 40 classes per week that even include some later evening classes.

We host world renown instructors from all over the country with specialty workshops and our Teacher Training Program is sanctioned by Yoga Alliance with an RYS 200 and RYS 300 curriculum and is taught by Cat McCarthy from NYC.

Yoga helps to tone your body and improve your flexibility while reaping the many health benefits of yoga, ranging from lower blood pressure, cholesterol and heart rate, improvements in depression, anxiety and sleep problems. Go our website today and sign up for a class! Discounts for students, seniors, teachers and veterans are available. Free Breast Cancer Survivor Classes sponsored by Memorial Hermann Hospital.

Our Offers Include:

- Gentle
- Seniors
- Beginners
- Prenatal
- Intermediate Mixed (*warm**)
- Kids
- Mommie & Me
- Intermediate Advanced (*warm**)
- Restorative
- Vinyasa Flow (*warm**)
- Yin
- Meditation