

Yoga Upstairs - Agoura Hills

agoura hills

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Yoga Upstairs - Agoura Hills

Discover Yoga Upstairs: Your Premier Yoga Studio in Agoura Hills

Yoga Upstairs is more than just a yoga studio; it's a community where individuals come together to practice, grow, and heal. Nestled in the heart of Agoura Hills, California, this intimate space offers a unique blend of personalized instruction and a supportive environment.

Amenities That Enhance Your Experience

At Yoga Upstairs, you'll find amenities designed to make your experience comfortable and enjoyable. The studio features a **wheelchair-accessible car

park** and a **wheelchair-accessible entrance**, ensuring that everyone can access this nurturing space without barriers. The thoughtful design includes clean and well-maintained **toilets**, which add to the convenience for all practitioners. With an array of yoga props available for use, students can tailor their practice to meet their individual needs, whether they are beginners or seasoned yogis.

Personalized Instruction with Experienced Instructors

The beauty of Yoga Upstairs lies in its dedicated instructors. As one member expressed, "Every teacher I've had at Yoga Upstairs has been very good," showcasing the expertise and care that each instructor brings to the class. From Iyengar to Hatha, the variety of classes caters to all ages and levels of experience. Instructors like Christy offer a wonderful combination of physical challenge and spiritual depth, helping students find balance in their practice. Many practitioners feel a genuine connection with their teachers, enhancing the overall yoga experience.

A Welcoming Community

The sense of community at Yoga Upstairs is palpable. This smaller yoga studio fosters an environment where students are not pressured to compete but are instead encouraged to focus on their personal growth. One long-time member shared, "I have been a member of Yoga Upstairs for almost 10 years," highlighting the studio's commitment to creating lasting relationships. For those seeking a space that emphasizes tradition and intimacy, Yoga Upstairs delivers. It is a haven for healing and rehabilitation, making it an excellent choice for anyone looking to improve their flexibility and mobility.

A Space for All Practitioners

Whether you prefer Vinyasa, Ashtanga, or other styles, Yoga Upstairs welcomes practitioners of every level. With a focus on accessibility and inclusivity, this studio is perfect for anyone—from beginners to those recovering from injuries. As one patron noted, "I always feel better when I leave than when I first arrive," which speaks volumes about the transformative power of yoga at this studio. If you're searching for a community-focused yoga studio that prioritizes personal connections and quality instruction, look no further than Yoga Upstairs in Agoura Hills. Come visit and discover why so many people are passionate about their practice in this special place.

The business is situated at

5308 Derry Ave # K, 91301 Agoura Hills, California - United States (US)

The contact line of said **Yoga studio** is +1818-889-8018

And if you want to send a WhatsApp, you can do so at +1818-889-8018

Our public attention hours are:

Day Hours

Monday

9?AM–6:15?PM

Tuesday

9?AM–12:30?PM

Wednesday

7?AM–6?PM

Thursday

8:30?AM–8:15?PM

Friday

7?AM–7:30?PM

Saturday

8:30?AM–8:15?PM

Sunday

7?AM–1?PM

The website is [Yoga Upstairs](#)

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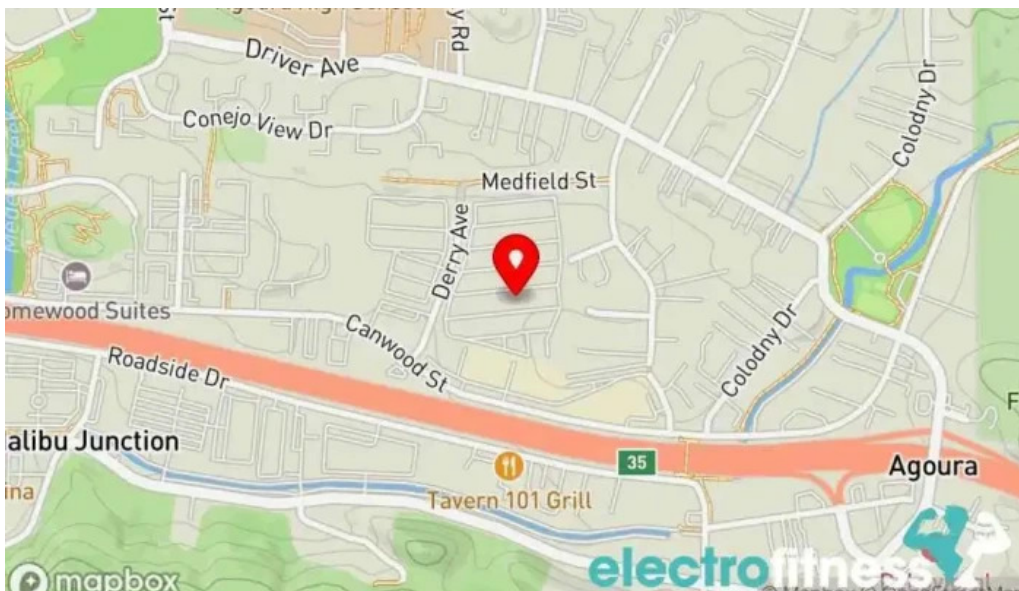
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Tags

Wheelchair-accessible entrance, Toilet, Wheelchair-accessible car park, Amenities, Accessibility

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