

Breathing Room Alameda - Alameda

alameda

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Welcome to Breathing Room Alameda: A Unique Yoga Experience

Breathing Room Alameda, located in the heart of Alameda, California, is more than just a yoga studio; it is a sanctuary for those seeking mindfulness and community. This ****women-owned**** establishment boasts a range of offerings that cater to everyone, including ****online classes****, making yoga accessible to all.

Creating a Safe and Inclusive Space

At Breathing Room, inclusivity is a priority. The studio is recognized as a

****transgender safe space**** and is committed to supporting the ****LGBTQ+ community****. It features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can enjoy their practice. The environment fosters acceptance and support, where individuals feel valued regardless of their background or experience level.

A Comprehensive Range of Services and Amenities

From the moment you step into Breathing Room, you are greeted with ****highlights**** that make each visit special. The spacious design allows for ample ****wheelchair-accessible seating****, offering comfort during classes. The studio is fitted with ****toilets**** that meet accessibility standards, ensuring that every visitor's needs are met. The on-site services are tailored to enhance your yoga journey. With the option to book classes online or join in-person, the studio also provides a variety of workshops and sound baths that promote holistic healing. ****Appointment required**** for certain specialized sessions ensures that you receive personalized attention from the ****knowledgeable instructors****.

Community Focus and Personal Growth

Breathing Room is a place where community thrives. Many visitors express gratitude for the friendships formed within these walls, highlighting the supportive atmosphere that encourages personal growth. As one attendee shared, "I have hugged, laughed, and cried with people that I've never met." This sense of belonging underscores the studio's mission to be a welcoming retreat for all.

Affordability Meets Quality

One of the standout features of Breathing Room is its affordable pricing. Many patrons note that compared to other studios in the Bay Area, Breathing Room offers excellent value without compromising quality. The classes, led by caring and attentive teachers, ensure that both new and experienced yogis leave feeling refreshed and accomplished.

Special Offers for Military Members

In recognition of the valuable contributions of those in the armed forces, Breathing Room offers ****active military discounts****, making it easier for service members to engage in self-care through yoga.

Conclusion: Your New Home for Yoga

Breathing Room Alameda isn't just a yoga studio; it's a community hub that supports mental, physical, and emotional well-being. With its commitment to accessibility, inclusivity, and personal growth, it truly stands out as a gem in the Bay Area. Whether you're a seasoned practitioner or just beginning your yoga journey, Breathing Room is the perfect place to find your breath, connect with others, and embrace the practice of yoga. Highly recommended for anyone

looking to unwind, grow, and find their space in a supportive community!

The address of our establishment is

1708 Lincoln Ave, 94501 Alameda, California - United States (US)

The contact phone of this **Yoga studio** is +1510-255-1271

And if you want to send a WhatsApp, you can do so at +1510-255-1271

Visit us during the following hours:

Day Hours
Monday
6:30?AM–9?PM
Tuesday
6:30?AM–9?PM
Wednesday
6:30?AM–9?PM
Thursday
6:30?AM–9?PM
Friday
6:30?AM–9?PM
Saturday
6:30?AM–9?PM
Sunday
6:30?AM–9?PM

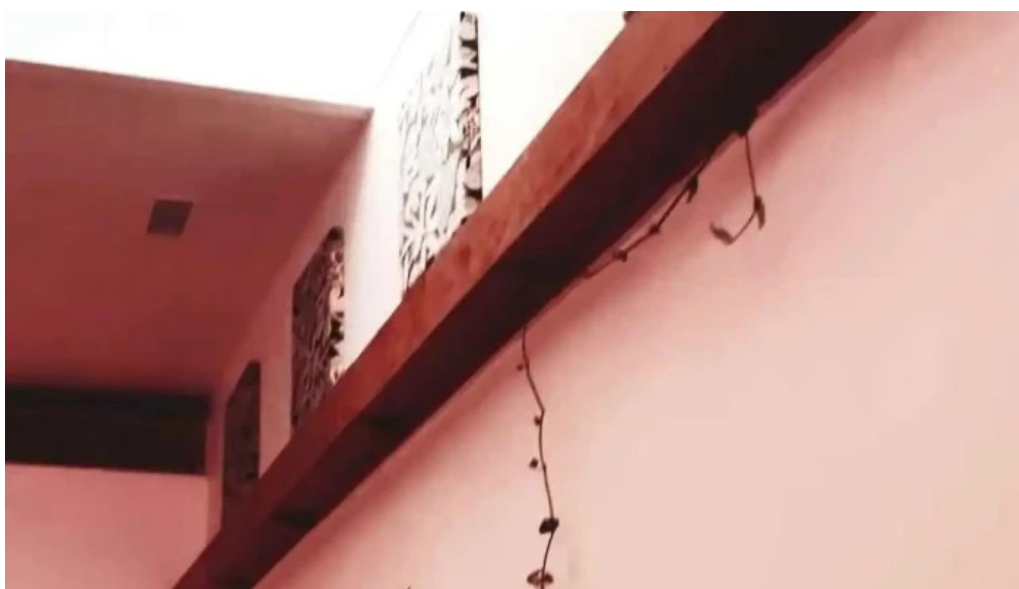
The website is Breathing Room Alameda

If you require to alter any element that you consider is incorrect regarding this page, please send a message so we can we will handle it at the earliest convenience. In advance thank you very much.

Images



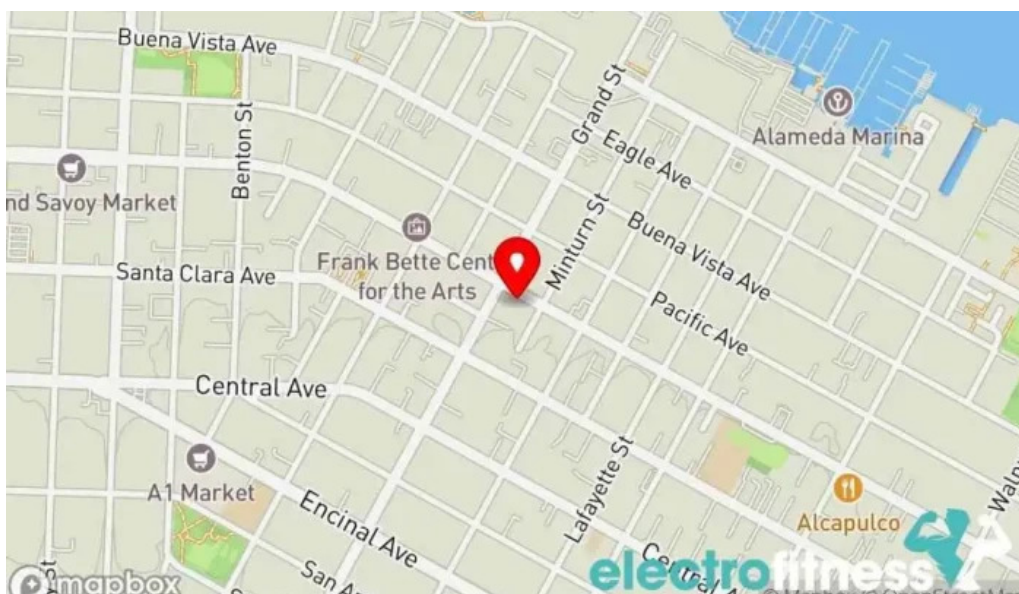
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Tags

Toilet, Amenities, Service options, Identifies as women-owned, Appointment required, Highlights, LGBTQ+ friendly, Wheelchair-accessible car park, Online classes, On-site services, From the business, Planning, Active military discounts, Wheelchair-accessible entrance, Accessibility, Transgender safe space, Wheelchair-accessible seating, Crowd

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