

Svastha Yoga, Wellness and Community Hub - Alameda

alameda

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Svastha Yoga, Wellness and Community Hub - Alameda

Welcome to Svastha Yoga: A Hub of Wellness and Community in Alameda, California

Svastha Yoga, Wellness and Community Hub, located in the heart of Alameda, California, is not just a yoga studio; it's a sanctuary for individuals seeking mindfulness, connection, and personal growth. With its unique blend of amenities and an inviting atmosphere, Svastha Yoga stands out as a premier destination for both novice and seasoned yogis.

Amenities That Enhance Your Experience

At Svastha Yoga, amenities are thoughtfully designed to create a welcoming environment. The studio features ****high ceilings****, ****natural lighting****, and ****wooden floors**** that contribute to the calming ambiance. Whether you are participating in a traditional class or a specialized program like the combined yin yoga and acupuncture session, the studio's setting promotes relaxation and rejuvenation.

Accessibility: A Space for Everyone

One of the standout features of Svastha Yoga is its commitment to ****accessibility****. The studio boasts a ****wheelchair-accessible car park****, ensuring that everyone can enjoy the transformative power of yoga. This thoughtful consideration extends beyond physical access; the instructors, such as Tatiana and Anne Gregory, meet each participant at their skill level, fostering an inclusive space where all feel welcome and encouraged.

Facilities: Comfort and Convenience

Svastha Yoga ensures that every visit is comfortable by providing well-maintained ****toilet facilities****. The attention to detail in maintaining cleanliness and accessibility allows students to focus on their practice without concern for logistics.

The Community Vibe

What truly sets Svastha Yoga apart is the sense of community cultivated by the staff and participants alike. Many attendees have expressed gratitude for the warm, friendly environment created by the instructors. Comments highlight how Tatiana's vision transforms the studio into a gathering place that fosters connection and support among participants. Whether joining regular classes or special events, visitors leave feeling uplifted, relaxed, and connected to a like-minded community.

Join Us at Svastha Yoga

If you are searching for a serene and inviting space for yoga and wellness activities, look no further than Svastha Yoga. With a variety of classes led by talented instructors and a commitment to community, this hub offers something for everyone. Join us and discover the beauty and tranquility that Svastha Yoga has to offer!

The premises are located at

647 Pacific Ave, 94501 Alameda, California - United States (US)

The contact phone of the mentioned **Yoga studio** is +1510-457-1606
And if you want to send a WhatsApp, you can do so at +1510-457-1606

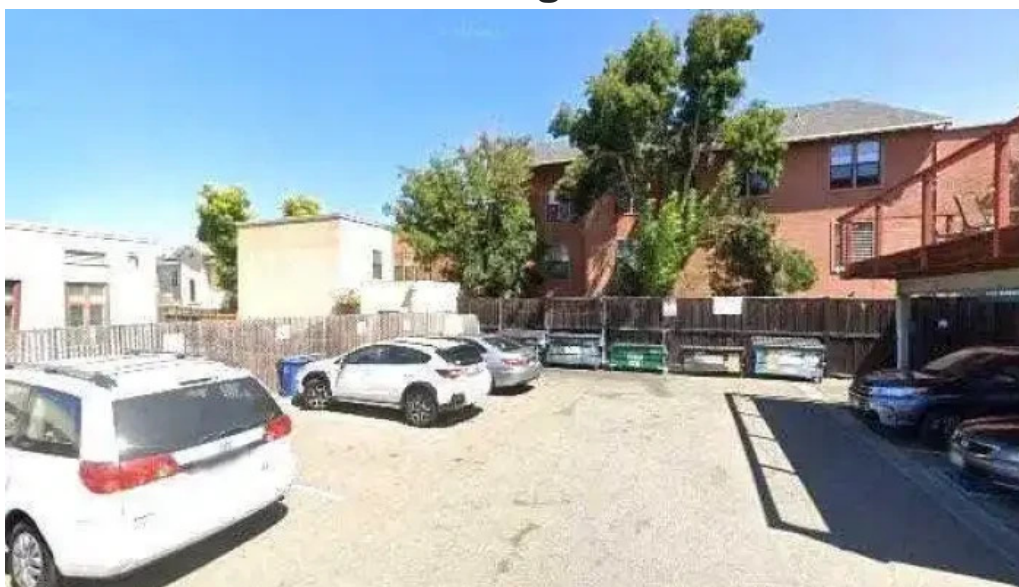
We open at the following schedule:

Day	Hours
Monday	8:00AM–7:45PM
Tuesday	7:30AM–7:45PM
Wednesday	9:00AM–6:45PM
Thursday	8:00AM–1:30PM
Friday	8:00–11:00AM
Saturday	9:00–11:30AM
Sunday	7:30AM–7:45PM

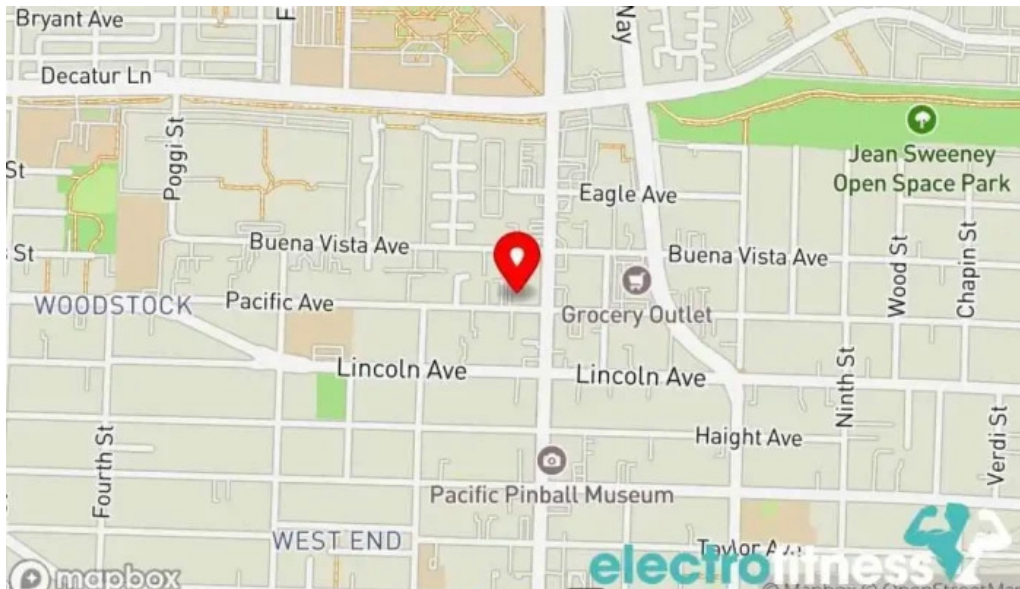
The website is [Svastha Yoga, Wellness and Community Hub](#)

If you wish to update any data that you think is not precise about this web, we urge you to send us a message so we can we will handle it at the earliest convenience. Thanks beforehand thank you very much.

Images



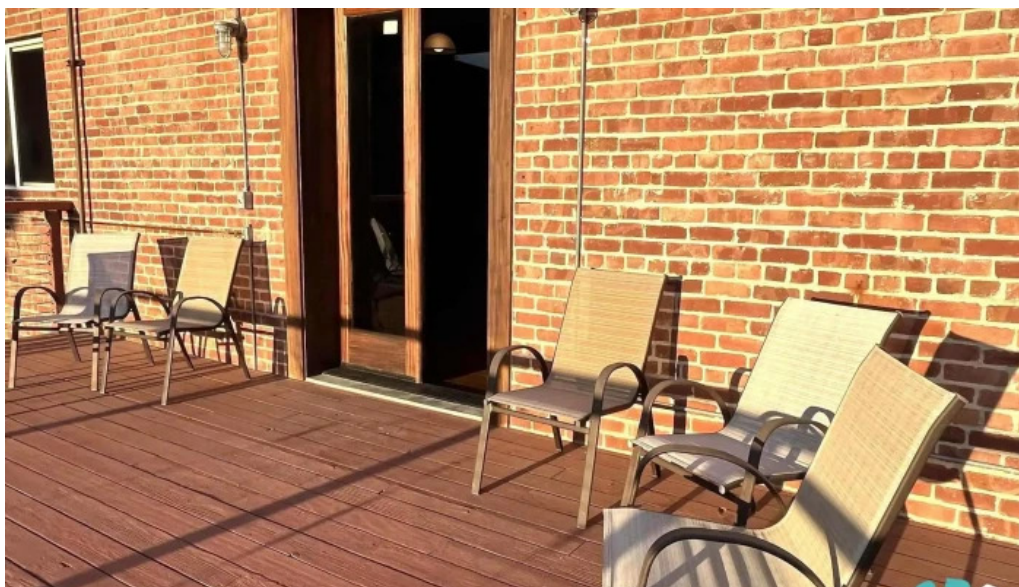
Svastha yoga wellness and community hub street view 360deg



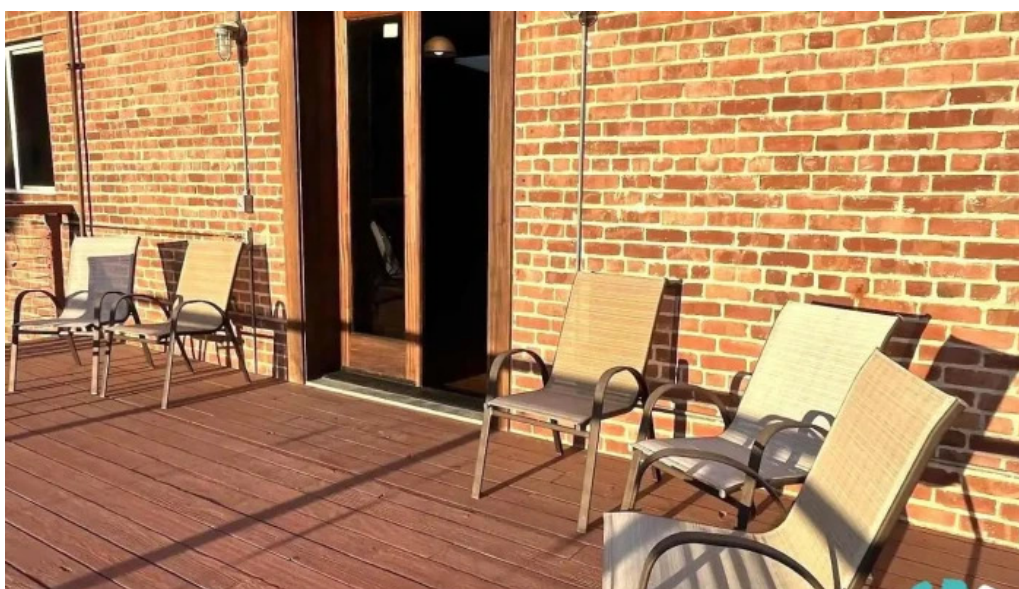
Svastha yoga wellness and community hub map



Svastha yoga wellness and community hub by owner



Svastha yoga wellness and community hub all



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Tags

Accessibility, Amenities, Wheelchair-accessible car park, Toilet

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coworking space
cultural center
dance company
dance school
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dollar store
educational institution
elementary school
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grocery store
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senior citizen center
shooting range
shopping mall
soccer club
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