

Left Coast Power Yoga - Oakland

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Left Coast Power Yoga - Oakland

Discover Left Coast Power Yoga: A Welcoming and Inclusive Studio in Oakland, California

Left Coast Power Yoga is not just a studio; it's a community dedicated to providing an inclusive, safe space for everyone. This LGBTQ+ friendly yoga studio identifies as women-owned and Asian-owned, making it a unique gem in the heart of Oakland.

A Commitment to Accessibility

The studio is designed with ****accessibility**** in mind. It features a

wheelchair-accessible entrance, ensuring everyone can enter without barriers. Additionally, the studio provides clean restrooms, including ****toilets**** that cater to all needs.

Outstanding Amenities for All Yogis

Left Coast Power Yoga boasts modern amenities that enhance your yoga experience. With a cozy yoga lounge, changing rooms separate from the bathrooms, and a welcoming waiting area, students can feel relaxed before and after classes. The ****amenities**** also include a water station, making it easy to stay hydrated during your practice.

Transformative Classes for Every Level

Whether you're a seasoned practitioner or just starting, Left Coast Power Yoga offers a variety of classes that cater to all skill levels. Many reviews highlight the ****transformative**** experience of classes, noting how instructors provide thoughtful guidance tailored to individual needs. In particular, classes focus on the importance of stretching, meditation, and core strength, promoting overall well-being.

Community-Centric Atmosphere

What sets Left Coast apart is its emphasis on building a community. The studio fosters a warm, inviting environment where every yogi feels welcomed. Reviewers consistently praise the ****crowd****, noting how it creates a sense of belonging. The intimate setting allows for personal connections, enhancing the overall yoga experience.

Expert Instructors Who Care

The skilled instructors at Left Coast Power Yoga are dedicated to helping each student progress in their practice. They provide clear cues and modifications, ensuring classes are accessible while still challenging. From beginner series to advanced practices, instructors are known for their supportiveness and knowledge about anatomy and safety.

Planning Your Visit

To make the most of your time at Left Coast Power Yoga, ****appointments are recommended****. Given the popularity of the studio, especially during peak hours, booking in advance ensures you secure a spot in your desired class. While walk-ins are allowed, having a reservation can enhance your experience.

Join the Movement at Left Coast Power Yoga

Regardless of your background or experience level, Left Coast Power Yoga is a fantastic place to deepen your yoga journey. With its commitment to inclusivity, accessibility, and community, this studio is a sanctuary for all. Come

and discover a supportive environment where you can grow physically and mentally on your yoga mat!

Our business is located at

3702 Grand Ave, 94610 Oakland, California - United States (US)

The contact phone of said **Yoga studio** is +1510-214-3456

And if you want to send a WhatsApp, you can do so at +1510-214-3456

Our service hours are:

Day Hours
Monday

8:45–10:15?AM 12–1?PM 4:15–7:30?PM

Tuesday

8:45–10:30?AM 12–1?PM 4:15–7:15?PM

Wednesday

8:45–10?AM 11:45?AM–1:15?PM 4:15–7:15?PM

Thursday

8:45–10:45?AM 4:15–7:15?PM

Friday

7:45–11:45?AM 4:15–5:30?PM

Saturday

9?AM–12?PM 6–7?PM

Sunday

8:45–10?AM 4:15–7:45?PM

The website is Left Coast Power Yoga

If necessary to alter any detail that you feel is not precise about this portal, please send us a message and we will fix it as soon as possible. Thanks beforehand we appreciate it.

Images



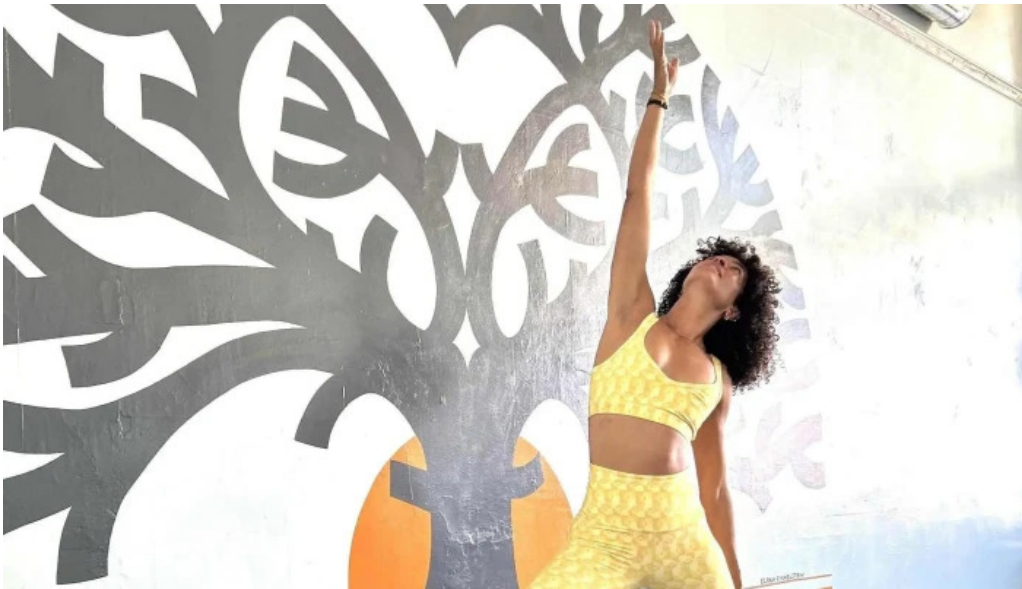
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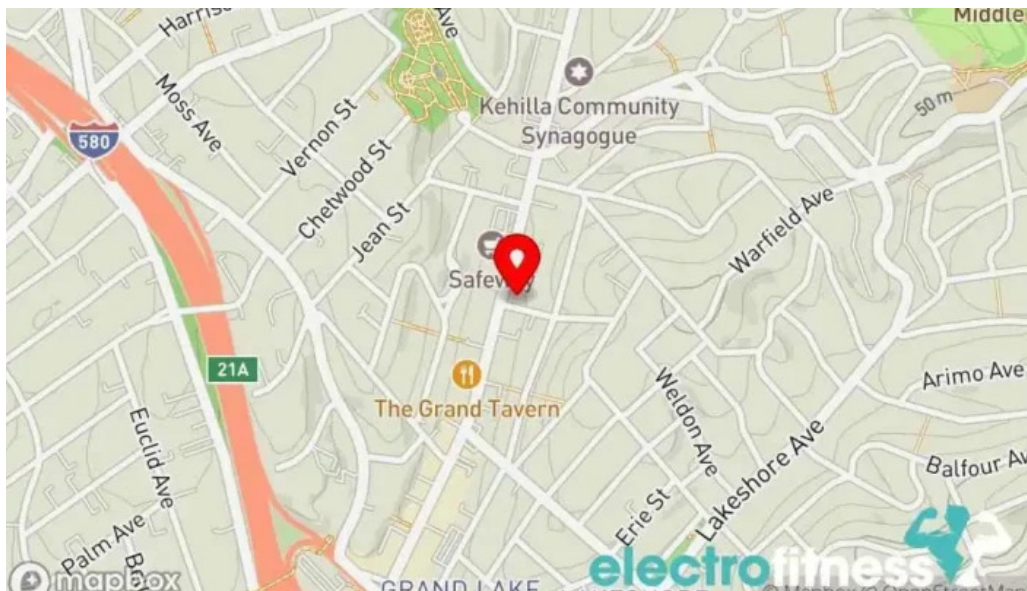
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Left coast power yoga oakland



Left coast power yoga map



Left coast power yoga by owner



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Tags

Identifies as women-owned, Appointments recommended, Planning, Amenities, Accessibility, LGBTQ+ friendly, Appointment required, Transgender safe space, Crowd, Wheelchair-accessible entrance, From the business, Toilet, Identifies as Asian-owned

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