

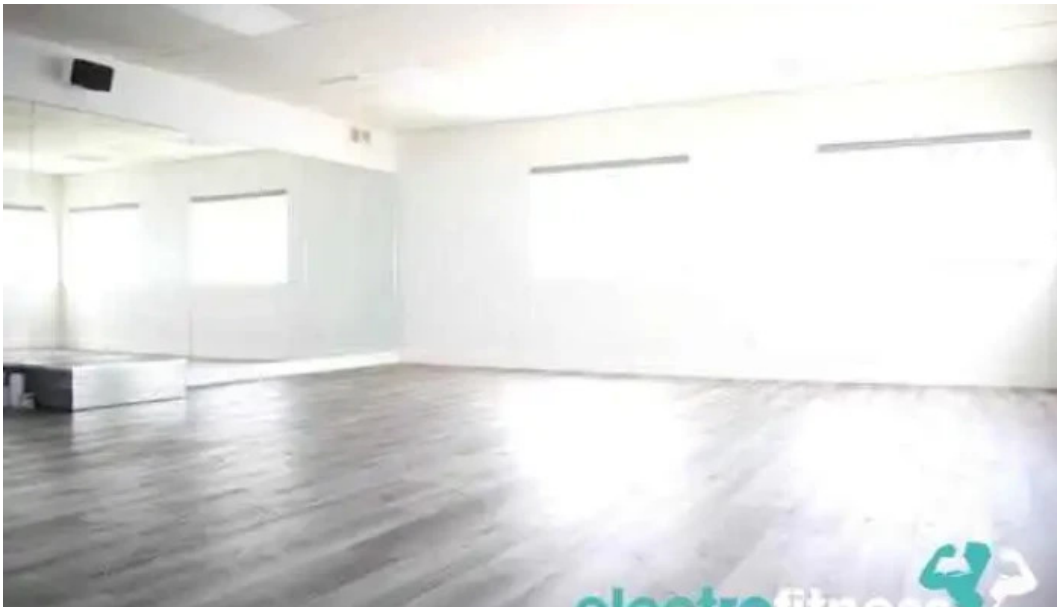
Align Yoga - Pleasant Hill

pleasant hill



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pleasant hill

Align Yoga - Pleasant Hill

Welcome to Align Yoga Studio in Pleasant Hill, California

Align Yoga Studio is a gem tucked away in Pleasant Hill, California, offering a vibrant and inclusive atmosphere perfect for yoga lovers of all skill levels. Whether you're a seasoned yogi or just starting out, Align Yoga provides an inviting space where community and wellness thrive.

Inclusive and Welcoming Environment

One of the standout features of Align Yoga Studio is its ****LGBTQ+ friendly**** atmosphere. With ****gender-neutral toilets**** and a ****wheelchair-accessible**

entrance**, the studio prioritizes accessibility and comfort for all guests. The **wheelchair-accessible toilet** and **car park** ensure that everyone can enjoy their yoga journey without any barriers.

A Variety of Classes to Suit Everyone

Align Yoga Studio offers an impressive range of classes, including **Bikram, Inferno Hot Pilates, Strength Fusion,** and more. This variety caters to different interests and fitness levels, making it a go-to destination for everyone. The community vibe here is palpable, with instructors who are not only skilled but also genuinely care about each student's progress.

On-Site Services and Amenities

The studio is equipped with **clean showers**, a spacious locker room, and even offers mats and towels for rent, so you don't need to bring anything from home. Complimentary **Wi-Fi** is available for those who want to catch up while waiting for their class. Additionally, amenities such as fruits and filtered water can be enjoyed, enhancing the overall experience of every visit.

A Great Space for Families

Align Yoga is not only for adults; it's a place that is **good for kids** too. Families can explore wellness together, fostering a love for fitness and mindfulness in a nurturing environment.

Scheduled Appointments Recommended

While walk-ins are welcomed, it is best to book appointments in advance due to the popularity of classes. This ensures that everyone gets the attention and space they deserve, particularly during peak times when crowds can form.

Community Spirit and Support

The sense of community at Align Yoga is profound. Feedback from visitors highlights how welcoming and encouraging the environment is. Many describe it as a **transgender safe space** where individuals can feel accepted and supported in their journey towards well-being.

The Impact of Exceptional Instructors

Instructors like Kristin, Danielle, and Dash have received high praise for their teaching styles and personal approaches. They create engaging classes that motivate students to push their limits while maintaining focus on personal growth. The warmth and enthusiasm of the staff make each class feel like a personal journey toward better health and connection.

Join the Align Yoga Family

If you're in the Pleasant Hill area and seeking an enriching yoga experience, Align Yoga Studio is the perfect choice. Their dedication to cleanliness, accessibility, and community spirit makes every visit a unique experience.

Embrace your journey today at Align Yoga, where every class feels like coming home.

Our establishment is located at

1521 Contra Costa Blvd, 94523 Pleasant Hill, California - United States (US)

The phone number of the respective **Yoga studio** is +1925-232-1698

And if you want to send a WhatsApp, you can do so at +1925-232-1698

Our service hours are:

Day Hours
Monday
5:30?AM–9?PM
Tuesday
5:30?AM–9?PM
Wednesday
7:30?AM–7:30?PM
Thursday
7:30?AM–8:30?PM
Friday
5:30?AM–9?PM
Saturday
5:30?AM–9?PM
Sunday
5:30?AM–9?PM

The website is Align Yoga

If you wish to modify any information that you believe is not accurate concerning this site, we urge you to forward a message so we can we will adjust it as soon as possible. Thank you in advance thanks for your cooperation.

Images



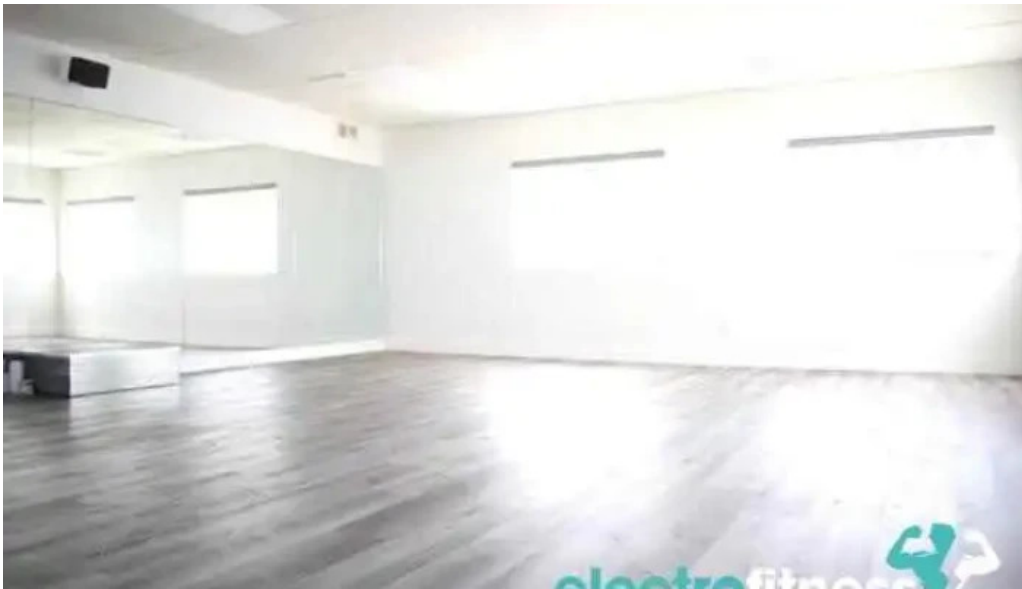
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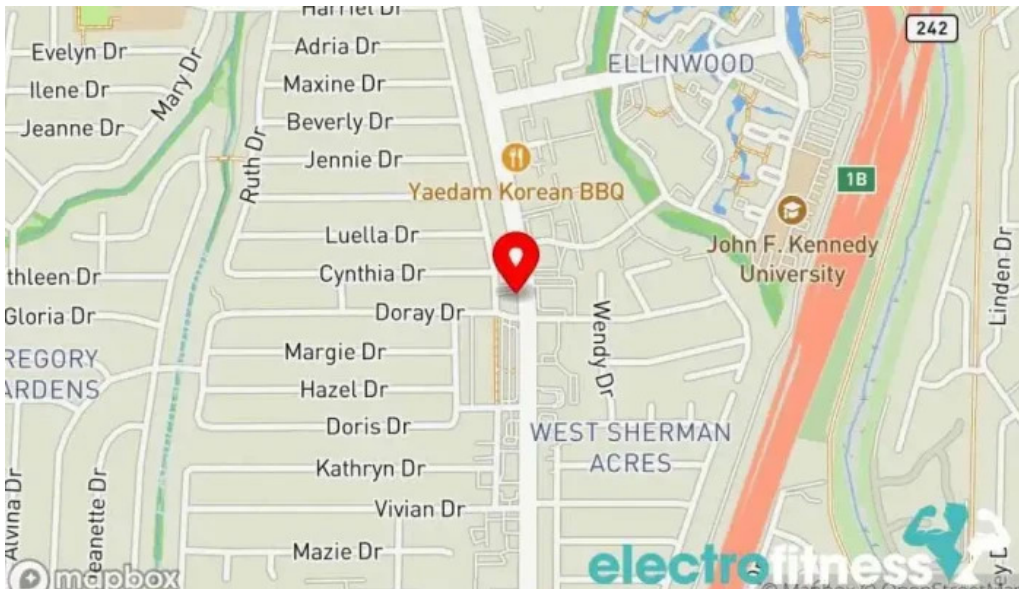
Align yoga yoga studio



Align yoga street view 360deg



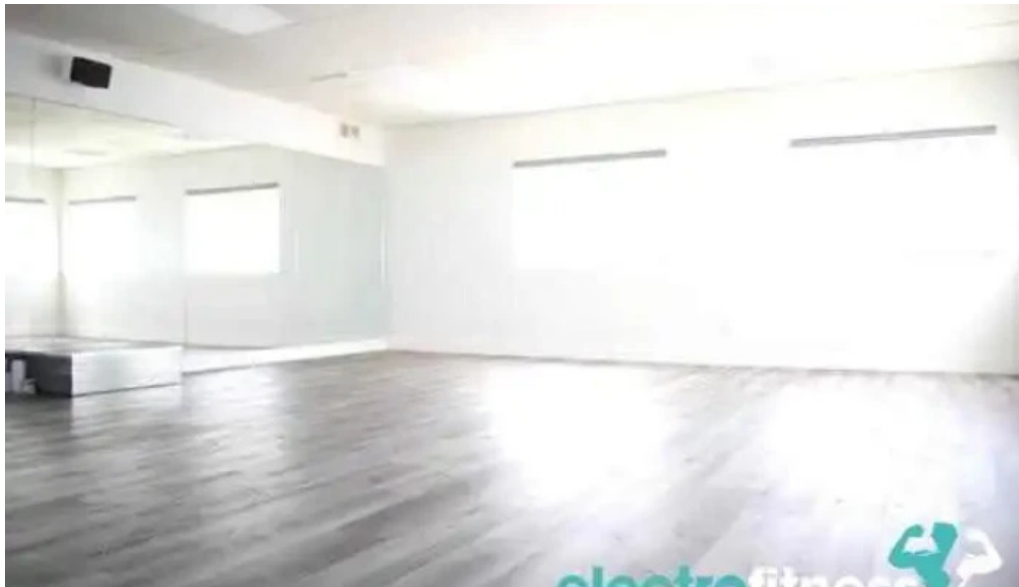
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Align yoga map



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Align yoga all

Tags

LGBTQ+ friendly, Wheelchair-accessible toilet, Crowd, Good for kids, Wheelchair-accessible entrance, Amenities, Wi-Fi, Planning, On-site services, Accessibility, Transgender safe space, Gender-neutral toilets, Children, Appointments recommended, Service options, Wheelchair-accessible car park, Toilet

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hair salon
health consultant
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
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physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
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swimming instructor
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wellness program
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