



Physical  
activity.  
It's good for your health.  
Do it for *life!*



## Yoga in Winnipeg

Yoga Centers	Address	Phone
A2K Fitworks	Unit A-2810 Pembina Hwy	253-6184
Bhakti Yoga Studio	288 Marion	415-4344
Bikram Yoga on Donald	374 Donald Street	944-8313
Bison Recreation Services	University of Manitoba	474-6100
Bluemoon Wellness Centre	684 Osborne Street	287-8978
Bodhi Therapeutic Bodywork	62 Sherbrook Street	475-4424
Centered Yoga & Fitness	Sir John Franklin Comm. Centre	333-7760
Dharma Yoga	301 Morley Ave	284-3360
Fitness Edge for Women	1645 St. Mary's Rd	255-6600
Hot Yoga Winnipeg	202-301 Nassau Street N	779-9642
LL Yoga	Private studio – Wolseley	775-8494
Mind Body & Child	Various locations	452-2639
Moksha Hot Yoga Winnipeg	7-2 Donald Street	452-5535
Pink Lotus Yoga	2091 Portage Ave	981-0660
Prana Yoga Studio	2-987 Portage Ave	784-9471
Rady Jewish Community Center	Suite 100-123B Doncaster	477-7510
Reh-Fit Center	1390 Taylor Avenue	488-8023
Shanti Yoga Studio	40-221 McDermot Ave	946-0675
Siddha Yoga Meditation Centre	1820 Arlington Street	477-8390
Source Yoga Studios	2131-2 Osborne Street	775-2871
Stafford Street Hot Yoga	677 Stafford	452-7412
Take a F.I.T.T.	Private studio - Southdale	487-3023
The Barkan Method Yoga	2810 Pembina Hwy	996-6027
Urban Wellness Center	101-333 St Mary Avenue	949-1846
Wellness Institute	1075 Leila Ave.	632-3910
Winnipeg Yoga Shala	201-173 McDermot Ave	957-1590
Yoga at St. Mark's	19 St. Mark's Place	233-2489
Yoga Centre Winnipeg	915 Grosvenor Ave	222-9642
Yoga North	83 Sherbrook Street	779-6895
Yoga on Corydon	1115 Corydon Ave	284-8877

For additional yoga providers, check with your local fitness centre or the city of Winnipeg Leisure Guide.