

## 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  
8–11AM  
Saturday  
9–11:30AM  
Sunday  
7:30AM–7:45PM

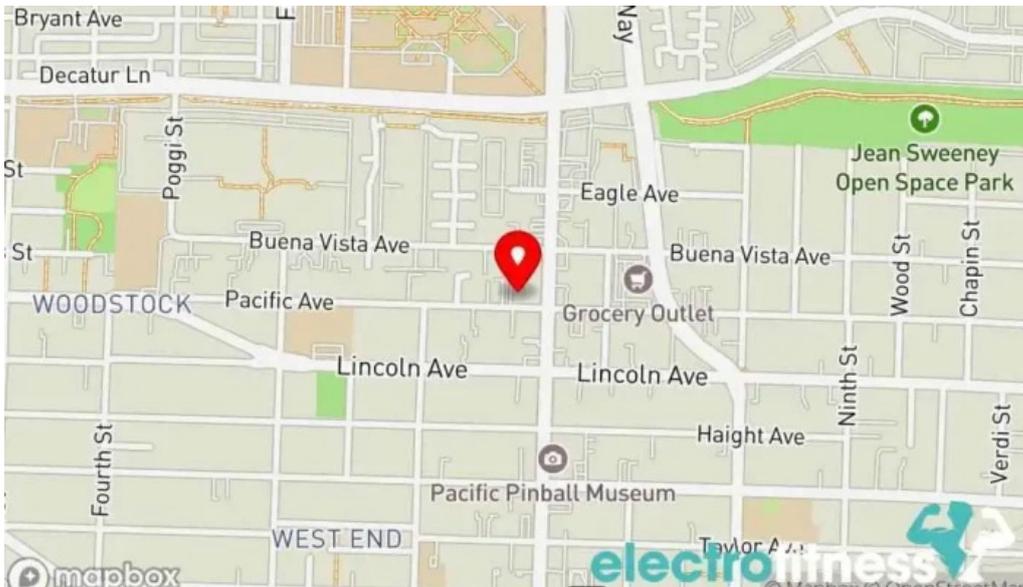
The website is [Svastha Yoga, Wellness and Community Hub](#)

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*



*Svastha yoga wellness and community hub alameda*

## Tags

*Accessibility, Amenities, Wheelchair-accessible car park, Toilet*

## Related content

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**5.0 \*** *The Fitness Hub - Adrian*

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**5.0 \*** *Kripalu Yoga and Wellness Center - Adams Center*

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**5.0 \*** *Acadiana Yoga & Wellness - Lafayette*

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**5.0 \*** *Lake Champlain Yoga & Wellness - Essex*

<b>5.0 *</b>	<i>Luminecta Yoga &amp; Wellness - Santa Fe</i>
<b>5.0 *</b>	<i>Santa Fe Buddha Yoga Wellness Academy - Santa Fe</i>
<b>5.0 *</b>	<i>Hub Fitness - Phoenix</i>
<b>5.0 *</b>	<i>Rooted Yoga &amp; Wellness - Spokane</i>
<b>5.0 *</b>	<i>J. Leah's Yoga &amp; Wellness Loft of Alabaster - Alabaster</i>
<b>4.7 *</b>	<i>creACTIVE Yoga &amp; Wellness Center - Alabaster</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor

country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic

sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization