

## Yoga Amansala - Alameda

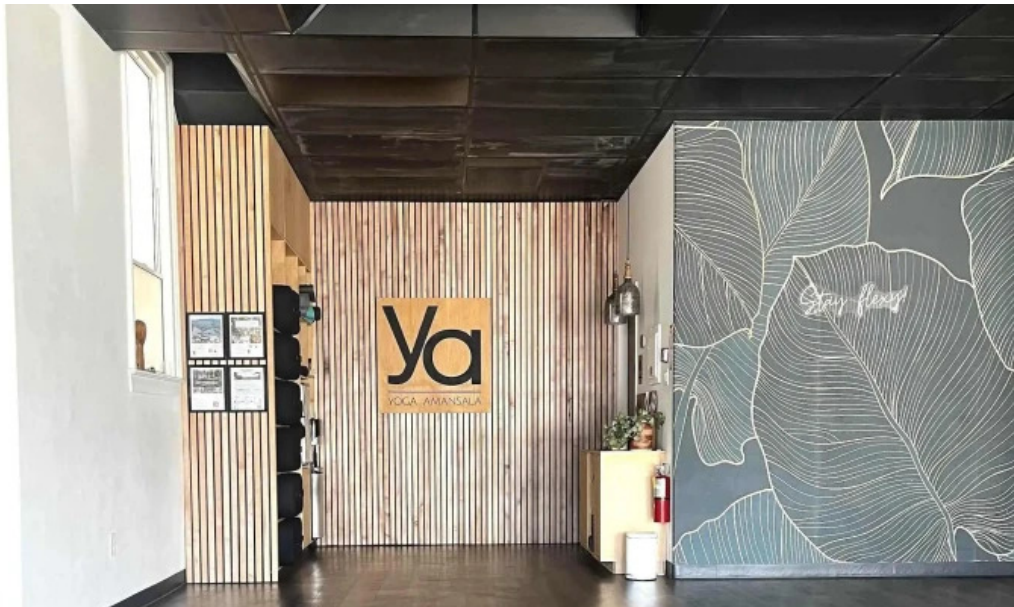
alameda

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## Yoga Amansala - Alameda

### Discover Yoga Amansala: A Unique Women-Owned Yoga Studio in Alameda, California

Nestled in the heart of Alameda, California, **\*\*Yoga Amansala\*\*** is a sanctuary for wellness that **\*\*identifies as women-owned\*\*** and **\*\*Asian-owned\*\***, creating an inclusive environment for all. This studio emphasizes accessibility with features such as a **\*\*wheelchair-accessible entrance\*\*** and **\*\*wheelchair-accessible toilet\*\***, ensuring everyone can practice yoga comfortably.

## **Inclusive Space for All**

At Yoga Amansala, inclusivity is paramount. The studio prides itself on being a **transgender safe space** and an **LGBTQ+ friendly** environment, welcoming individuals from all walks of life. The atmosphere is warm and inviting, making it a comfortable choice for beginners and seasoned yogis alike.

## **Accessibility Features and Amenities**

With an **assistive hearing loop**, Yoga Amansala caters to the needs of all participants. The studio is equipped with modern amenities, including a clean and well-organized space with a **toilet** and additional facilities to enhance your practice experience. Complimentary cold lavender towels at the end of classes add a soothing touch that many students appreciate.

## **Class Offerings**

Yoga Amansala offers a diverse range of classes tailored for various skill levels. Whether you're a beginner or an experienced practitioner, there's something for everyone. The **online classes** offered provide flexibility, allowing participants to practice at their own pace. Many students have remarked on the quality of instruction they receive, highlighting the expertise of teachers like Laura, Tammy, and Allie.

## **Community and Support**

The sense of community at Yoga Amansala is palpable. Students often describe the environment as intimate and supportive, with class sizes kept small to foster personal attention from instructors. Comments from attendees reflect the studio's commitment to creating a positive and nurturing space where individuals can focus on their health and wellness.

## **Booking and Accessibility Options**

To maintain an optimal experience, **appointment required** is recommended for classes, ensuring everyone has a spot in their desired sessions. Moreover, students can conveniently book their classes online, making it easy to fit yoga into their busy schedules.

## **A Warm Welcome Awaits**

Newcomers are greeted with warmth and encouragement, as highlighted by several reviews. Many first-time visitors leave feeling rejuvenated and eager to return. Whether you're looking for a challenging workout or a peaceful place to unwind, Yoga Amansala is dedicated to meeting the needs of every practitioner.

In conclusion, Yoga Amansala stands out not only for its excellent yoga offerings but also for its commitment to accessibility, inclusivity, and community support. If you're in Alameda and seeking a welcoming yoga studio that caters to a diverse crowd, look no further than Yoga Amansala—where every class is a

step towards wellness.

**The business is situated at**

1217 Park St, 94501 Alameda, California - United States (US)

The phone number of this **Yoga studio** is +1510-519-1286

And if you want to send a WhatsApp, you can do so at +1510-519-1286

**Visit us during the following hours:**

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	8?AM–1?PM
Saturday	8?AM–2?PM
Sunday	8?AM–8:30?PM

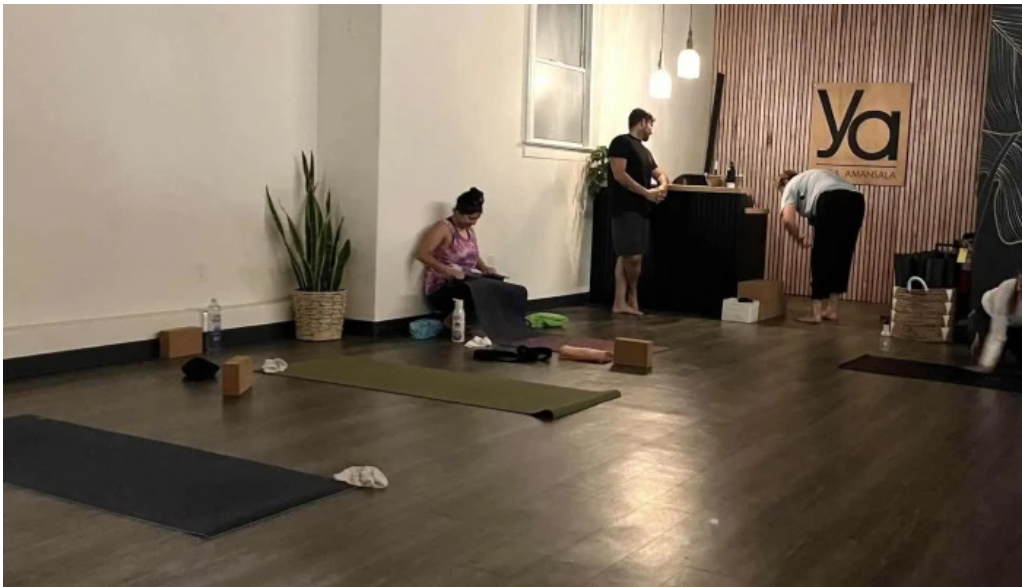
The website is Yoga Amansala

If you require to adjust any detail that you feel is not precise about this page, please send a message and we will handle it promptly. With anticipation thank you very much.

## Images



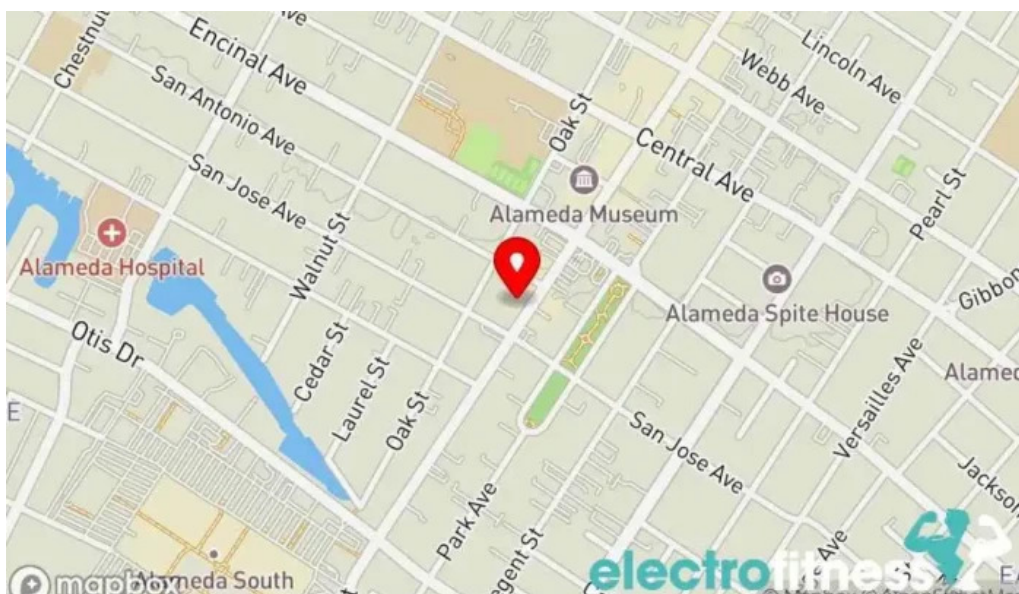
*Yoga amansala yoga*



*Yoga amansala yoga studio*



*Yoga amansala street view 360deg*

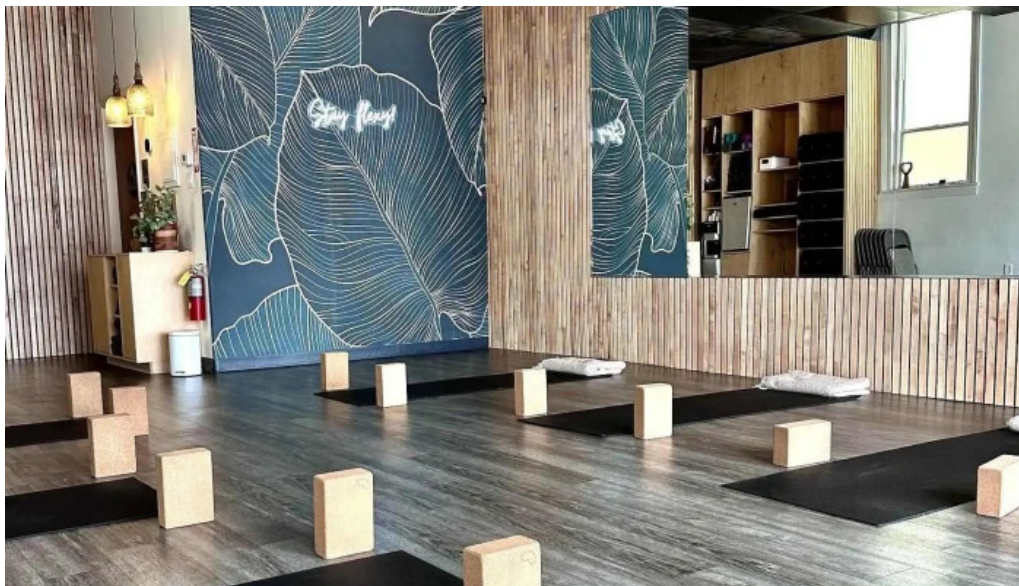


*Yoga amansala map*





*Yoga amansala by owner*



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*Yoga amansala alameda*

## Tags

*On-site services, Appointment required, Wheelchair-accessible entrance, Transgender safe space, Identifies as women-owned, From the business, Crowd, Assistive hearing loop, Amenities, Service options, Planning, Online classes, Identifies as Asian-owned, Toilet, Appointments recommended, Accessibility, LGBTQ+ friendly, Wheelchair-accessible toilet*

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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
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health consultant
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karate club
karate school
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martial arts club
martial arts school
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massage therapist
medical spa
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nutritionist
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parking lot
parkour spot
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physical therapist
physical therapy clinic
pickleball court
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resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
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shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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