

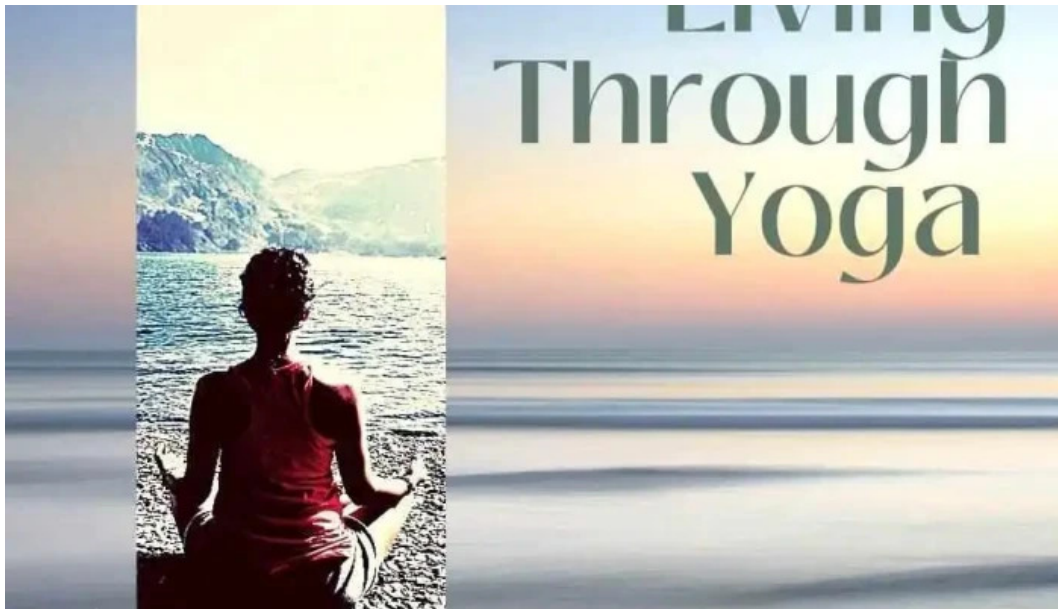
## Namaste North Yoga and Wellness - Anchorage

anchorage

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*anchorage*

## *Namaste North Yoga and Wellness - Anchorage*

### **Discover Namaste North Yoga and Wellness in Anchorage, Alaska**

Nestled in the heart of downtown Anchorage, **\*\*Namaste North Yoga and Wellness\*\*** is truly a hidden gem. This studio has garnered rave reviews from locals and visitors alike, making it a must-visit destination for anyone looking to explore the transformative practice of yoga.

### **Amazing Amenities and Accessibility**

Namaste North prides itself on its **\*\*accessible amenities\*\***, ensuring everyone

can enjoy their services. The studio features a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible toilet\*\***, making it easy for all guests to access the space comfortably. With a wide range of **\*\*service options\*\*** including **\*\*online classes\*\***, you're able to join the community no matter where you are.

### **Uplifting Classes for All Levels**

Under the expert guidance of Sandy, classes at Namaste North are designed to uplift and inspire. Reviewers have noted that Sandy's morning classes are energetic and motivating, while afternoon sessions provide a calming escape from the stresses of daily life. Whether you're a beginner or an experienced practitioner, the diverse class offerings ensure there's something for everyone. The studio not only focuses on physical practice but also enriches your understanding of yoga history and philosophy. Guests appreciate the gentle corrections and encouragement Sandy provides, making it an ideal environment for those new to yoga.

### **Community Atmosphere and On-Site Services**

The welcoming atmosphere at Namaste North is a significant draw for many visitors. With smaller class sizes, instructors can give personalized attention, fostering a sense of community among participants. The studio often hosts workshops from visiting instructors, offering opportunities for continual learning and personal growth. In addition to yoga classes, visitors can enjoy healthy meals from the on-site vegan cafe, boasting delicious vegetarian options. This cozy space not only enhances the yoga experience but also serves as a great hangout spot for local workers.

### **Your Home Away From Home**

Whether you're based in Anchorage or just passing through, Namaste North Yoga and Wellness is the perfect place to unwind. The stunning views of the surrounding mountains add to the studio's charm, creating a serene backdrop for your practice. Many have described it as their favorite yoga studio, where they leave feeling relaxed and rejuvenated after each class. In a bustling city, Namaste North stands out as a nurturing and supportive environment. It's not just about yoga—it's about building connections, exploring wellness, and discovering your breath. If you're looking for a true yoga experience, this studio is undoubtedly your key to tranquility in Anchorage.

**You can visit us at the address:**

400 L St Suite 150, 99501 Anchorage, Alaska - United States (US)

The phone number of said **Yoga studio** is +1907-277-2256

And if you want to send a WhatsApp, you can do so at +1907-277-2256

## You can visit us at the following hours:

Day Hours  
Monday

*Closed*

Tuesday

*5:15–7?PM*

Wednesday

*6:30–7?AM*

Thursday

*6:30?AM–6:30?PM*

Friday

*9?AM–7?PM*

Saturday

*9?AM–3?PM*

Sunday

*9?AM–3?PM*

The website is [Namaste North Yoga and Wellness](#)

If you require to change any information that you consider is not precise related to this portal, please forward a message and we will handle it quickly. Thank you in advance thanks.

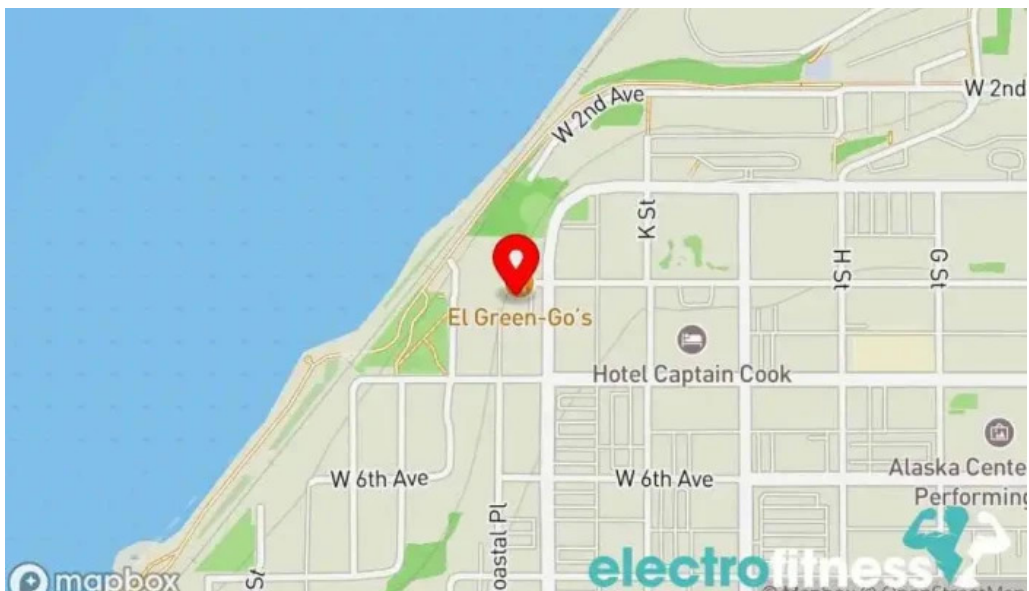
## Images



*Namaste north yoga and wellness yoga*



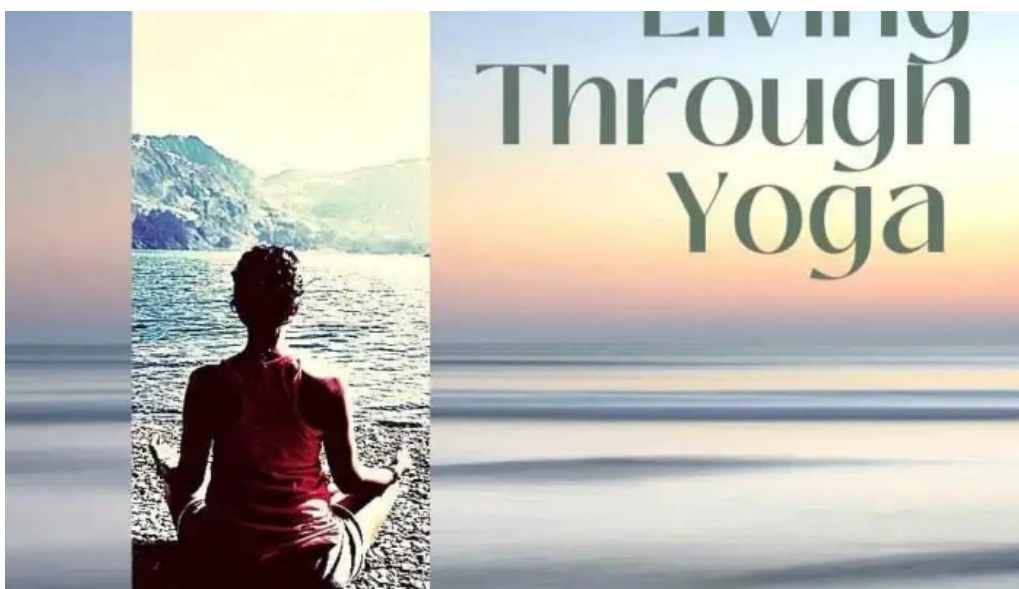
*Namaste north yoga and wellness street view 360deg*



*Namaste north yoga and wellness map*

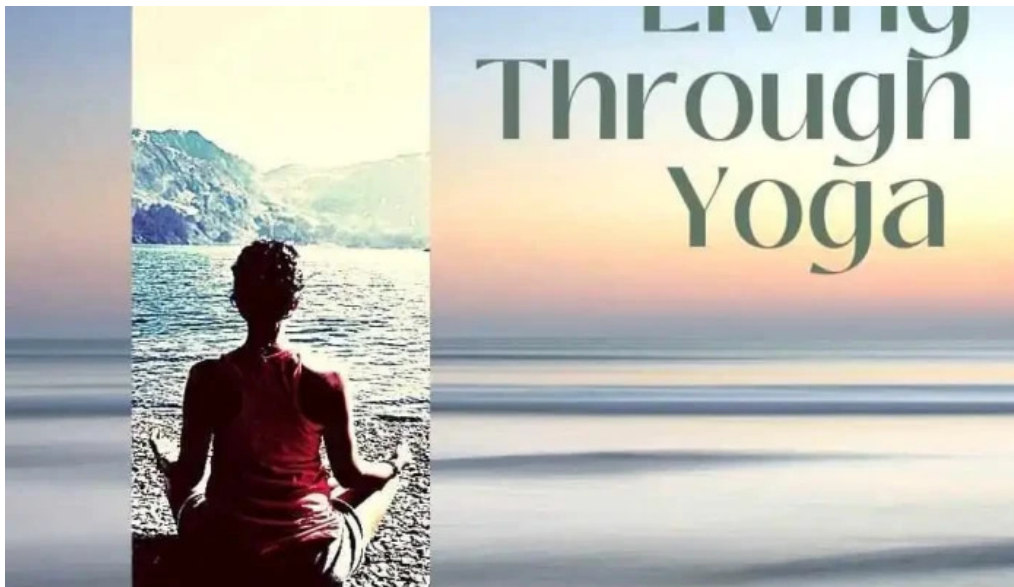


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## Tags

*Wheelchair-accessible car park, Online classes, Accessibility, Service options, On-site services, Amenities, Toilet, Wheelchair-accessible toilet*

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5.0 *	Crystal Haven Wellness Living (previously Yoga Haven) - Littleton
4.3 *	Alleghany Wellness Center - Sparta

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amusement park ride
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apartment building
apartment complex
aquatic centre
arena
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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club

dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel



ice skating rink
indoor cycling
indoor golf course
indoor lodging
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karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library

public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park

weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
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yoga instructor
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