

Left Coast Power Yoga - Laurel - Oakland

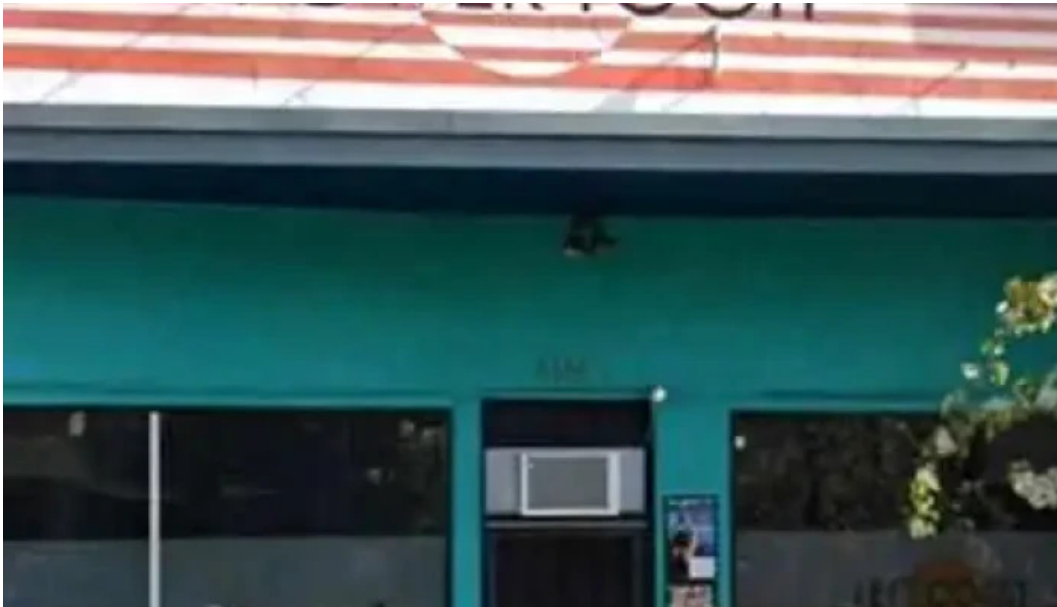
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Left Coast Power Yoga - Laurel - Oakland

Discover Left Coast Power Yoga - Laurel: A Hub of Community and Wellness in Oakland

Left Coast Power Yoga (LCPY) at Laurel, located in the heart of Oakland, California, is more than just a yoga studio; it's a vibrant community that truly embraces diversity and inclusivity. As a ****women-owned**** and ****Asian-owned**** business, LCPY provides a welcoming environment for everyone, including a ****transgender safe space**** and ****LGBTQ+ friendly**** atmosphere.

A Commitment to Accessibility

At Left Coast Power Yoga, accessibility is a top priority. The studio features a **wheelchair-accessible toilet** and a **wheelchair-accessible car park**, ensuring that all members of the community can enjoy the benefits of yoga. With options for **outdoor services** and **online classes**, LCPY caters to those who prefer flexibility in their practice. Additionally, **appointments are required** for in-person sessions, allowing for a comfortable and personalized experience.

Variety of Classes for Every Practitioner

Offering an extensive range of classes—from **Power Yoga** to **Alignment Flow** and **Reiki Restore and Relax**—Left Coast Power Yoga has something for everyone, regardless of skill level. The studio has garnered a reputation for its skilled instructors who provide insightful guidance and modifications to accommodate beginners and advanced yogis alike. Many students have expressed their appreciation for the **excellent vibes** and supportive atmosphere, which fosters a sense of belonging within the community.

A Welcoming Community

What sets LCPY apart is its sense of community. Newcomers often comment on how friendly the **crowd** is, making it easy to connect with fellow practitioners. The studio hosts various events, such as the recent **Silent Disco Yoga party**, creating unique opportunities for social connection and fun. From insightful comments like "the instructors exude competence, compassion, and fun," it's clear that the team at Left Coast is dedicated to making every class a positive experience.

A Great Location with Modern Amenities

The Laurel location of Left Coast Power Yoga is strategically situated for easy access, featuring **clean facilities** and modern amenities. Students rave about the **clean bathrooms, changing rooms**, and available yoga supplies. The spacious layout allows for ample room to practice while maintaining social distancing. Whether you're attending a lunchtime class or joining for an evening session, you'll find a beautifully maintained environment that enhances your yoga experience.

Join the Movement

If you're looking for a **yoga home** that embodies inclusiveness, approachability, and growth, Left Coast Power Yoga - Laurel is the place to be. This studio not only strengthens bodies but also cultivates a community spirit that supports individuals through their wellness journeys. It's time to check out this neighborhood gem and experience the transformative power of yoga for yourself!

Our location is in

4148 MacArthur Blvd, 94619 Oakland, California - United States (US)

The contact line of said **Yoga studio** is +1510-214-3456

And if you want to send a WhatsApp, you can do so at +1510-214-3456

We look forward to seeing you at:

Day Hours

Monday

7:15–11?AM 4–8:15?PM

Tuesday

8:30–10?AM 4–8?PM

Wednesday

7:15–10?AM 4–8?PM

Thursday

8:30–10?AM 12–1:15?PM 4–5:30?PM

Friday

8:30–11:30?AM

Saturday

9:15?AM–12:15?PM 4–5:15?PM

Sunday

8:30–10?AM 12–1:30?PM 4–8?PM

The website is Left Coast Power Yoga - Laurel

If you wish to alter any data that you feel is incorrect about this portal, please deliver a message so we can we will adjust it as soon as possible. With anticipation thanks for your cooperation.

Images



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Left coast power yoga laurel yoga studio



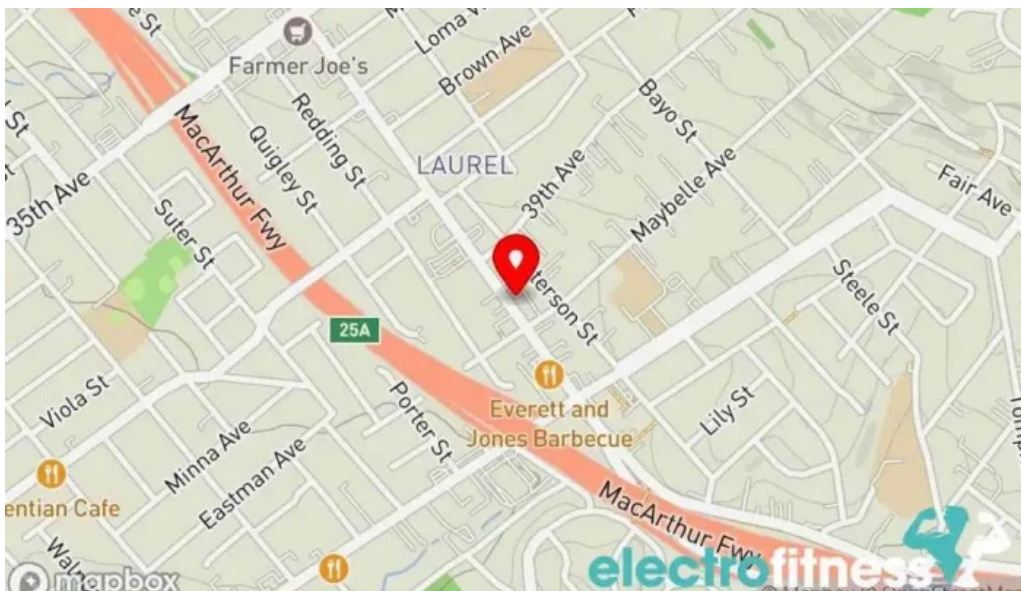
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Tags

Outdoor services, Identifies as women-owned, Appointment required, Online classes, Wheelchair-accessible toilet, Wheelchair-accessible car park, Service options, Toilet, LGBTQ+ friendly, Crowd, Identifies as Asian-owned, Accessibility, Planning, Amenities, From the business, Transgender safe space

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gymnastics center
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health food restaurant
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