

YOGA

Welcome to our prestigious travel guide
with our selection of yoga schools.

No need to spend time searching, we have done the sorting
for you. In this guide, we share with you the top yoga schools
of Montpellier to allow you to progress in French while
practicing yoga (Ashtanga, Vinyasa, Iyengar, etc...) every day.



Yoga classes

Joining a yoga program offers much more than postures and breathing. It's a profoundly transformative journey that harmonizes body, mind and soul. By practicing yoga, you embark on an inner journey that guides you towards holistic well-being. Imagine yourself enveloped in an atmosphere of calm and serenity, where every movement is a dance between strength and suppleness. In an often hectic world, yoga offers you a refuge, a space to cultivate inner peace, strength and mental clarity.

What's more, for foreign students, joining a yoga program is also an excellent opportunity to practice and improve their spoken French, in a relaxed and caring environment.

We have carefully selected these partners so that you can book your classes even before coming to the school, allowing you to maximize your experience in France.

With this guide, you'll be in control of your programme and can choose the frequency and number of yoga classes you want. We will also be happy to help you choose the school that best suits your needs and create your own and inspiring tailor-made programme!

Click here to find out more about our yoga partners :

[Centre de Yoga Arjuna Shala](#)

[Centre de Yoga Lyendar Méditerranée](#)

[Centre de Yoga Lyendar des Arceaux](#)

[Joy Yoga HealthyFood](#)

[Shakti Studio Yoga](#)

CENTRE DE YOGA

ARJUNA SHALA

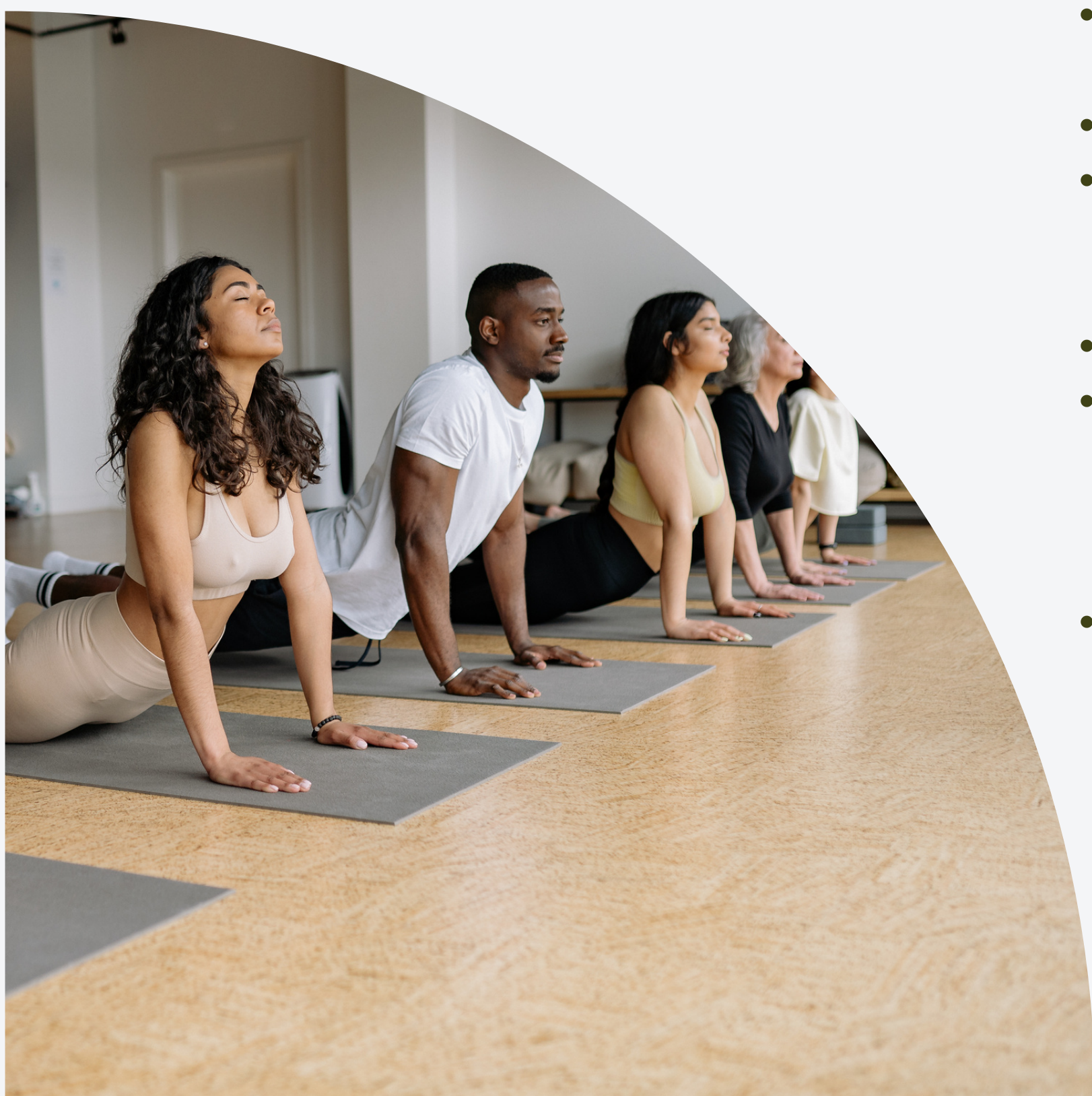
Yoga Ashtanga and Vinyasa

Ashtanga Yoga is characterized by a sequence of postures (Asana) punctuated by Ujjayi breathing, chest breathing combined with various points of concentration. The postures follow each other in rapid succession. This yoga is initially a very complete physical practice, gradually becoming a path of interiority as the practitioner gains experience.

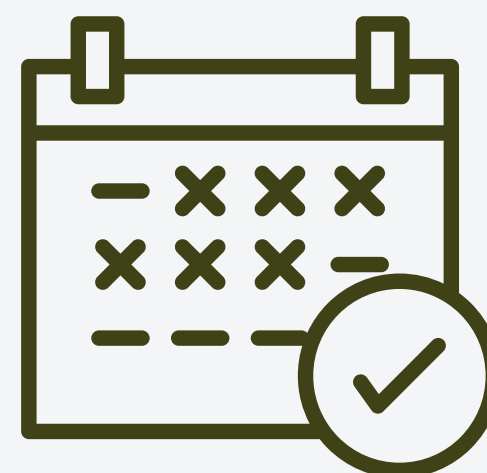
A traditional yoga form from southern India, **Vinyasa yoga** is a close cousin of ashtanga yoga. The difference lies essentially in the structure of the class. Ashtanga is codified as a series of postures. The vinyasa sessions, which are always different, allow you to explore other aspects of the practice. This course is accessible to all levels, even beginners.

6, rue Maguelone
34000 Montpellier

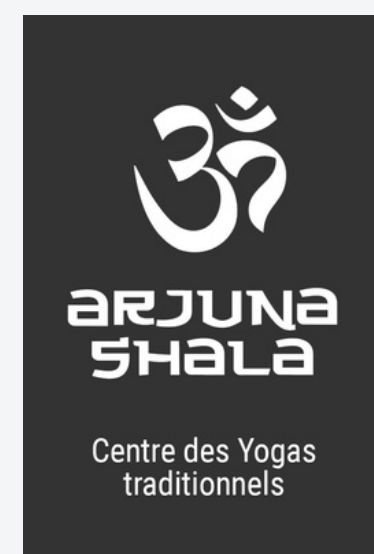
- 5 minutes away from school, walking distance
- Mattress, brick and strap available on site



- Come without an appointment, to the classes indicated on the schedule.
- Closed during Easter holidays
- Classes cost 10 euros each (no free trial). You can buy a subscription if you are staying more than a month.
- The hall opens 10 minutes before class.
- Dress of your choice, comfortable and light, barefoot. Prefer to practice on an empty stomach, waiting 3 hours after a large meal and 1 hour after a snack.
- Be hydrated, but no water bottles during practice.



[Agenda here !](#)



CENTRE DE YOGA

IYENGAR® MÉDITERRANÉE

Yoga Iyengar

The use of supports is a specific contribution of B.K.S.IYENGAR to yoga: the center's hall is fully equipped for the specific practice of Iyengar® yoga.

For his own use, and especially since many Westerners flocked to his Institute in Pune, B.K.S.IYENGAR developed a sophisticated system of supports: straps, bricks, bolsters, benches, chairs, blankets, ropes, all designed to facilitate work on stiff, tired bodies or for therapeutic applications.

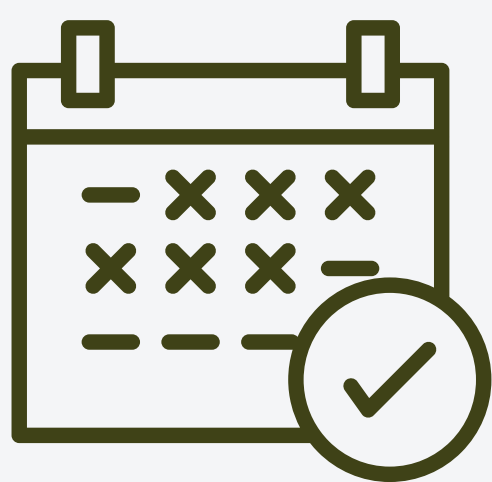


35, Allée Kléber
34000 Montpellier

- 5 minutes away from school walking
- Mattress, brick and strap available



- Come without an appointment, to the classes indicated on the schedule.
- Trial class costs 10 euros, then single class is available for 15 euros. You can buy a subscription if you are staying more than a month.
- Don't eat before class; after a heavy meal, wait 4 hours; after a light meal, wait 2 hours before practicing.
- Wear clean, soft, comfortable clothing. No loose clothing or socks.
- For reasons of hygiene, you can bring your own mat.
- If you tend to sweat, bring a small towel.



Agenda here !

CENTRE DE YOGA IYENGAR

DES ARCEAUX

Yoga Iyengar

This center is all about caring. It's important for each individual to be recognized for his or her individuality and to be able to benefit from personalized teaching. It enables each student to listen to his or her own body and its limits.

In a relationship of trust and confidentiality, you are accompanied through life's inherent turbulence: burn-out, depression, accidents, physical ailments...

The center strives to maintain an ethical approach to yoga: traditional yoga with its rigor and methodology, far removed from the fantasies that flourish today.

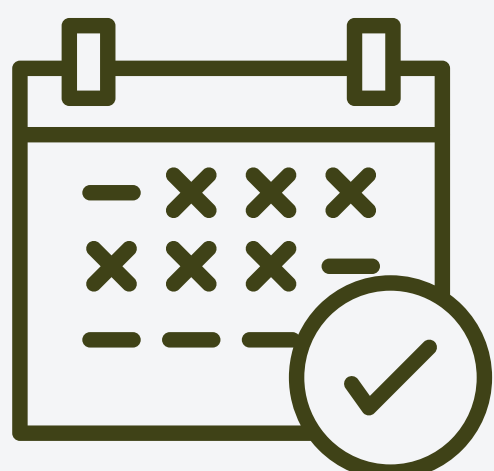


1 Rue Duval Jouve
34000 Montpellier

- 25 minutes away from school walking
- Mattress, brick and strap available

- Come without an appointment, to the classes indicated on the schedule.
- Trial class available for 10€, then 5- or 10-class card or monthly subscription.
- Prefer to practice on an empty stomach, waiting 3 hours after a large meal and 1 hour after a snack.
- We recommend wearing shorts or tights with visible knees, a T-shirt and bare feet.
- Wait 20 minutes after your workout before taking a shower.

centre de
*yoga
iyengar*
des Arceaux



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JOY YOGA HEALTHY FOOD

Yoga & Healthy Food

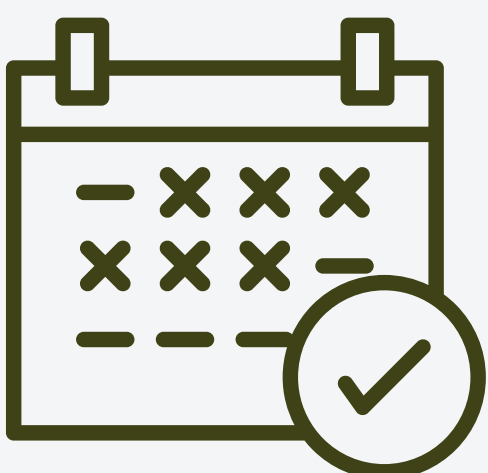
Combining postures, breathing exercises, relaxation and meditation, this veritable art of living shows us the way to regain and maintain balance, harmony and well-being throughout life's experiences. It enables us to reconnect with ourselves, refocus and awaken our inner potential.

On a physical level, the postures help keep the body strong and supple, and ensure the proper functioning of the various systems (nervous, hormonal, respiratory, digestive...). On a mental and emotional level, yoga helps us acquire greater self-control, so we can make the most of our abilities.

- Prefer to practice on an empty stomach, waiting 3 hours after a large meal and 1 hour after a snack.
- We recommend wearing shorts or tights with visible knees, a T-shirt and bare feet.

Book online

- Trial class 10€, single class 18€
- Select the date, then the class
- Click on book
- Create your account
- Fill in your details
- Go to basket
- Then pay online

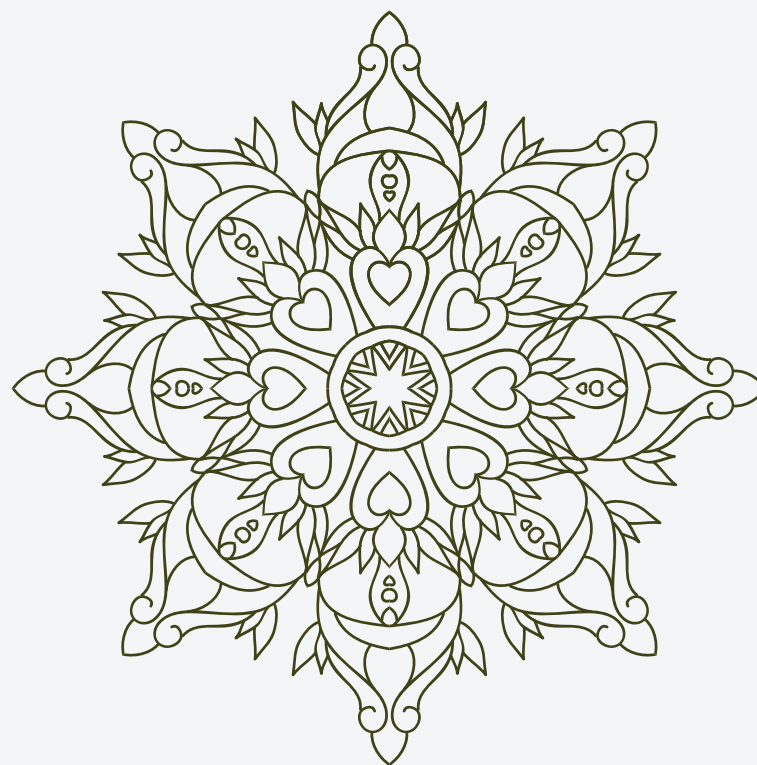


Book here !



55 rue Estelle
34000 Montpellier

- 10 minutes away from school walking
- Mattress, brick and strap available



SHAKTI STUDIO YOGA

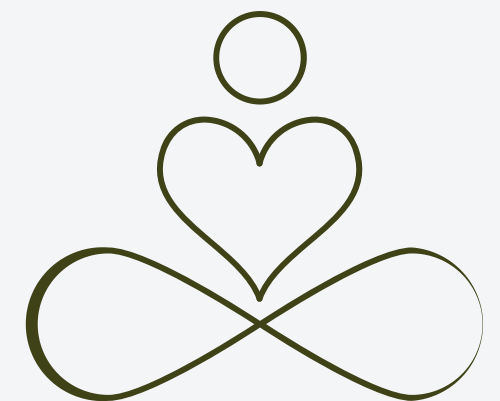
Yoga Iyengar



Iyengar yoga, developed by B.K.S. Iyengar, is distinguished by its focus on the careful alignment of postures and the attentive practice of breathing. Using props such as blocks, straps and blankets, this method aims to support practitioners in the asanas, encouraging a deeper and safer exploration of the poses.

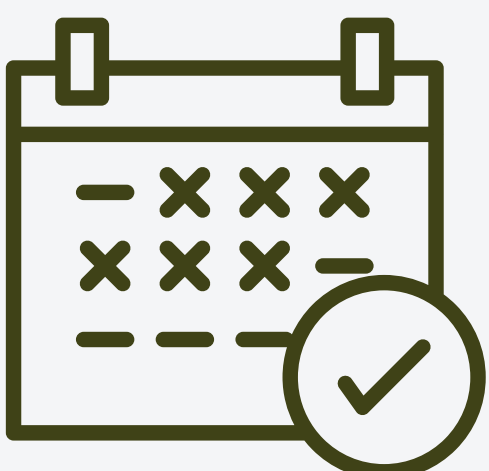
3 rue Dom Vaissette
34000 Montpellier

- 15 minutes away from school walking
- Mattress, brick and strap available



The emphasis on precise alignment develops both strength and flexibility, while cultivating a deep awareness of body and mind. By practising Iyengar yoga regularly, participants learn to find the balance between stability and mobility, while developing mental tranquility through meditation in movement.

- Come without an appointment to the classes indicated on the schedule
- Trial class costs 10€, then 15€ class or 4- or 8-session card or subscription
- Mattress, brick and strap available
- Prefer to practice on an empty stomach, waiting 3 hours after a large meal and 1 hour after a snack.
- We recommend wearing shorts or tights with visible knees, a T-shirt and bare feet.



Agenda here !

Shakti