

Best Tucson Yoga Studios

Written by Written by Amy Strand

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From work priorities to household matters, running the kids to soccer practice and entertaining friends and family, our lives can tend to get a little frantic sometimes, to say the least. Luckily, yoga is known to offer a great workout for the body as well as produce a calming, Zen quality in our minds. Here in Tucson, great places to practice yoga abound, so read on to find the best studio to suit your lifestyle.



Yoga Oasis

One of Tucson's most popular studios, Yoga Oasis offers the convenience of a central location, on Campbell Avenue, and an Eastside location, on Wrightstown Road. The teaching style at Yoga Oasis is primarily inspired by Anusara Yoga and incorporates heart-oriented themes into each class. This studio offers a variety of classes for the most basic beginner to more advanced practitioners, including intro 2 yoga, basics, expanding, yoga hour, yoga hour mix, mind lab and more. Classes start as early as 7 a.m. and go as late as 9:30 p.m. www.yogaoasis.com.



Tucson Yoga

Deemed "Tucson's community yoga center," Tucson Yoga offers various styles of yoga, including vinyasa, a popular style that uses flow formations and moves quickly, and yin, a slower style of yoga that focuses on deep stretching and being present. Other fun classes are also offered like the two-hour Sunday Sadhana, Mixed-Level Yoga and Mindfulness Yoga. Tucson Yoga is conveniently located in downtown Tucson, one block south of Broadway on South 4th Avenue. Free parking is offered during most class times. www.tucsonyoga.com.



The Yoga Connection

As Tucson's only nonprofit yoga studio, the Yoga Connection not only offers plenty of classes for the yoga practitioner, but plenty of ways to volunteer as well. Focusing on the Hatha style of yoga, the Yoga Connection focuses on strengthening, stretching and breathing techniques to offer a deep and meaningful practice. The Yoga Connection also offers affordable specials for new students, with your first class being only \$5, and your first four classes ringing in at only \$30. www.yogaconnection.org.



Bikram Yoga Tucson

If you live in Southwestern Arizona, it's a safe to say that you most likely love the dry heat; and what better way to experience all the warmth Tucson has to offer than with Bikram Yoga? Practiced in a heated room, Bikram Yoga is comprised of 26 postures that are bound to make you sweat and release toxins. Bikram Yoga Tucson is located south of Orange Grove on Oracle, and classes are offered seven days a week.

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www.bikramyogatucson.com.



Yoga Vida, Tucson

Another popular Bikram Yoga studio, Yoga Vida offers 90-minute classes in a heated room, traditional to the Bikram style. Classes at Yoga Vida are affordable (\$100 for ten classes; \$180 for 20) and cater to those with a variety of different schedules, with the first class of the day offered at 6:30 a.m. on Tuesdays and Thursdays, and the last class of the day taking place at 6:15 p.m. on Monday through Thursday.

www.yogavidatucson.com.