

LotusYoga

Home Classes Gallery Contact

Welcome to LotusYoga

Leave the stress of the day behind you and come relax in our beautiful yoga studio in the heart of Dublin

At LotusYoga we believe in the importance of breathing and looking after your mind wellbeing as well as your body.

What we offer:

A beautiful, warm and safe environment for you to relax and recharge

We will introduce you to the essentials of different styles of yoga and their practice

Everyone is welcome, regardless of experience or age group

We have the very best and experienced instructors for you

Come join a friendly community of like-minded people. Check out our classes!

Sign up for our Newsletter

Your Email Address

Sign Up



Our Classes

This style of yoga is characterized by

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by a more active

This style of yoga has a more relaxing, slower approach. You move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Hatha yoga places special emphasis on controlled breathing and posture. Building core strength, which is key to good posture, is another important aspect of this type of yoga. Hatha has hundreds of poses, including well-known ones such as Downward-Facing Dog and Standing Forward Bend. Poses are usually held for several breaths before you move onto the next.

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Yin Yoga	Fri 06:30 PM
<p>Yin yoga focuses on passive, seated postures that target the connective tissues in the hips, pelvis and lower spine. It can work to improve your flexibility and range of motion and offers you peace and quiet that allow you to process your thoughts and emotions. Poses are held for anywhere between one and 10 minutes. It is a wonderful way to learn the basics of meditation.</p>	
	
Yin Yoga	Sat 06:00 PM
<p>This relaxing, gentle type of yoga is similar to the Yin yoga but with more emphasis on relaxation and less on flexibility. It includes guided meditation and it helps calm the body and clear the mind. Poses are often held for as long as 20 minutes with the help of props such as bolsters, pillows and straps to ensure maximum physical comfort. Participants</p>	

ices

10 €



2 Classes

40 €



20 Classes

20 CLASSES

Private Class

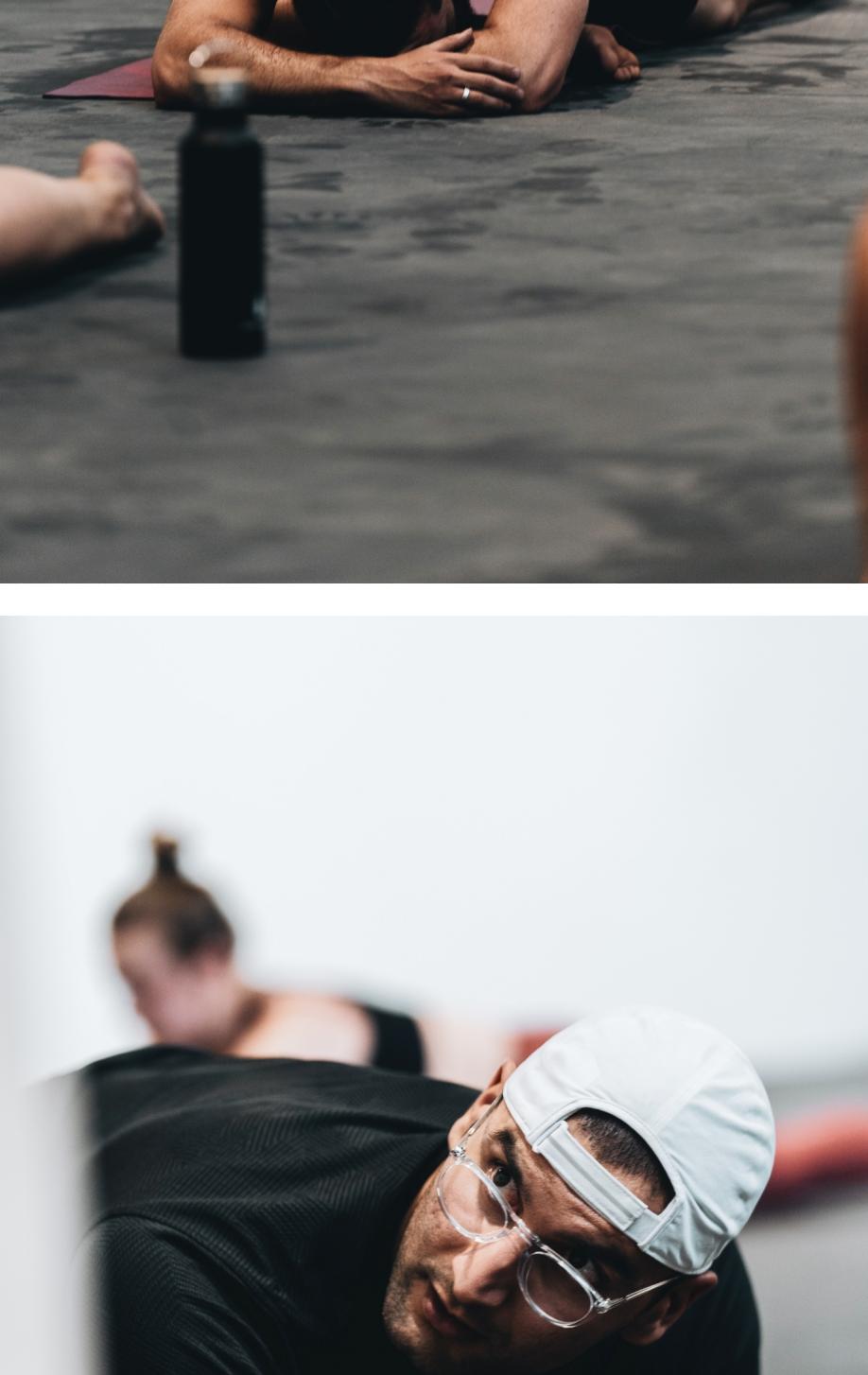
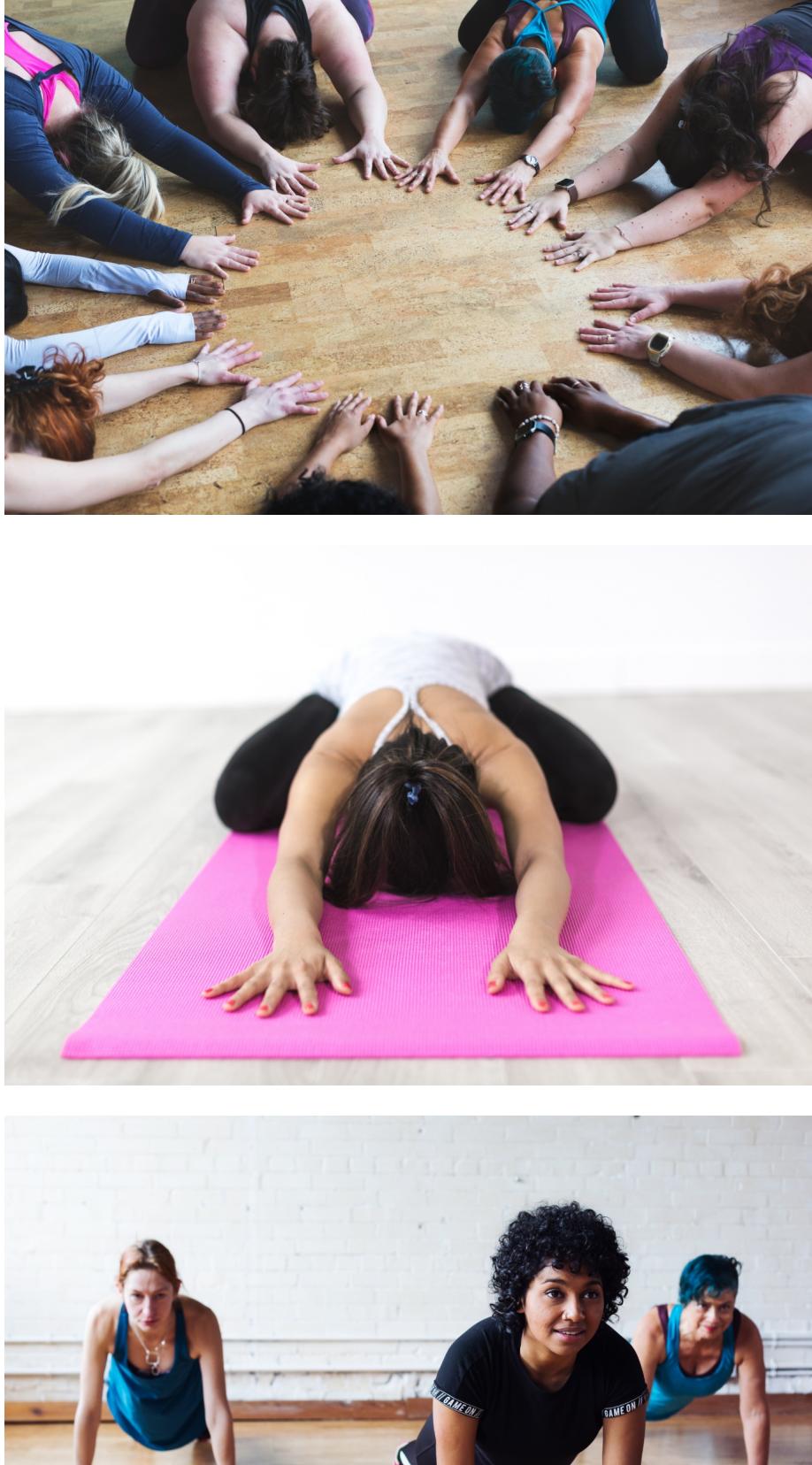
10 €

A row of four gray social media icons: YouTube (play button), Instagram (camera), Facebook (f logo), and Twitter (bird).



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Get in touch!

Have questions about our classes?
Please get in touch.

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Address: 85 Pembroke Ln, Dublin

Send us a message:

First name

Last Name

Email Address

Your Message

Send

