

# yoga nidra swami satyananda saraswati

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## **THE BEST 10 YOGA in BALTIMORE, MD - Updated 2026 - Yelp**

What are people saying about yoga in Baltimore, MD? This is a review for yoga in Baltimore, MD: "In town for a staycation and I wanted to treat myself to a massage. I came to my fellow Yelpers for help and I stumbled upon Zen. After reading the reviews it enticed me to make an appointment.

### **HOME | Yoga Union Baltimore**

YOGA UNION is a community yoga space dedicated to providing the highest-quality group and private yoga classes, workshops, and events. We are a women-owned, independent small business, looking to bring a safe, inclusive yoga space back to Baltimore City.

### **Yoga Studios in Baltimore, MD | CorePower Yoga**

Find all CorePower Yoga studios in Baltimore, MD. See class schedules for our local studios and learn about in-studio and out-of-studio happenings.

### **Voted "Best of Baltimore" Yoga Studio 2025**

We offer a full schedule of in-studio, live stream and on-demand yoga classes (vinyasa, power, hatha, creative and more), teacher training, retreats, workshops and events.

### **Baltimore Hot Yoga and Wellness - Bikram Method & More**

Welcome to Baltimore County's Friendliest Hot (& Cool) Yoga Studio! New To BHYW? Start Here. Make it easy: register for class now! | Doors close at class start time. Save time and money on your yoga journey. Create your profile and snag your intro offer now. We can't wait to show you around!

### **Baltimore Yoga Studio - Yoga Classes, Teacher Training & Therapy**

Yoga studio in Baltimore offering a wide range of yoga classes, workshops, private yoga sessions, specialized teacher training and customized yoga therapy.

### **Bikram Yoga Works | Change Your Body, Change Your Mind, Change Your Life**

Discover the ultimate wellness experience. Elevate your yoga and fitness journey with our diverse range of services, conveniently located in Baltimore and Riverdale, MD, and Washington, DC.

## **Soulage**

Yoga with the Collective at Soulage varies greatly from teacher to teacher and from class to class. This means each time you attend, your experience will be unique. Our yoga classes are taught to all levels.

## **Arrow Yoga | baltimore yoga studio**

Arrow Yoga is located in Hampden, Baltimore and offers hot vinyasa classes, yoga teacher trainings and international retreats.

## **Baltimore Yoga Studies**

Baltimore Yoga Studies is a community yoga studio, offering a four-day-a-week Mysore-style Ashtanga yoga classes in Baltimore, Maryland for beginner, intermediate, and advanced students.