

# Adi Yoga

**Address**

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**Contact Person**

Adi Yoga

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Adi Yoga is a premier at-home yoga center in Mumbai, offering a holistic approach to wellness through our multidimensional yoga practice.

Our yoga center is dedicated to nurturing the mind, body, and spirit to gain body flexibility and improved muscle strength with balance. Led by experienced yoga instructors trained by gurus from Rishikesh, we offer a variety of yoga classes, including Aerial yoga, Power yoga, Hatha yoga, Spiritual yoga, Meditation, Zumba classes, Beginners yoga classes, Advanced yoga classes etc.

Experience flexibility, strength, and balance in a supportive yoga studio environment tailored to your self-healing journey.

At Adi Yoga, we don't just teach yoga-we empower you to transform your life, one breath at a time.

For more details, please visit <https://www.ibizexpert.com/detail/adi-yoga-mumbai-359104>

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