

Anam Cara Yoga Studio

25% Discount for City of Riverside Employees!
Please present copy of flyer and City ID at time of purchase.

We offer a yoga community with a welcoming, safe and supportive environment for students to embark on and sustain a Yoga journey.

We are a holistic center that provides educational opportunities, services and products which support a healthy and spiritual lifestyle. Anam Cara is a place to learn the ancient system of yoga and other transformational practices that integrate, heal and nourish the body, mind and spirit. It is our goal to exemplify the benefits of the spiritual principles and practices that we advocate.

At our studio, you will discover the joys of yoga and the profound benefits of regular spiritual practice. Come and share community, feel love, let go, have fun, experience the mystical, and deepen your connection with the divine in daily living! In addition to a diverse schedule of weekly classes, we host specialty workshops, concerts, kirtans, energy healing circles, attunements, and private sessions utilizing Reiki and Yoga.

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namasté

(nah-mas-tay)

My soul honors your soul.
I honor the place in you where
the entire universe resides.
I honor the light, love, truth,
beauty & peace within you,
because it is also within me.
In sharing these things
we are united, we are the same,
we are one.



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Anamcarayogastudio.com