Starleads

Yoga Centres & Trainers in Bengaluru: contact list (free sample PDF)

448 contacts · **99%** with mobile numbers · **46%** with emails · **19%** with landlines · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 448 yoga centres & trainers in Bengaluru, Karnataka with contact details. 99% have a mobile number, 46% an email address, 19% a landline and 20% a website. 99% come with a street address, 54% with the contact person's name and 97% with a PIN code.

Where a locality is given, most are in Basavanagudi (10), HSR Layout (10) and JP Nagar (10), followed by Jayanagar, Koramangala and Marathahalli.

Bengaluru's list is the 2nd largest of the 5 cities with a yoga centres & trainers list in Starleads' data, after Mumbai (828). It holds 77% of the yoga centres & trainers in Karnataka.

By category, the biggest groups are Yoga (345), Yoga Training Centres (83) and Yoga Therapy (18).

Get all 448 contacts in Excel: https://starleads.in/data/yoga-centres-trainers-in-bengaluru/

60 contacts from this list

Phone numbers and emails are partly masked in this sample; the list you buy is complete.

#	Business	Contact person	Category	Mobile	Landline	Email	Address	City	PIN
1	3G Yoga Center	Ganesh Yogi	Yoga	+91 80336 XXXXX		ga••••••••••@gmail.com	Narayanappa Garden, Whitefield, Opp To Green Wood Pre School	Bengaluru	560066
2	A 1000 Yoga	Pradeep G Gowda	Yoga	+91 77952 XXXXX		in•••@a1000yoga.com	NO.11, 1st Flr, 1st Crs, 5th A Block, Koramangala, Bh Sukh Sagar, On Jnc Road, Abv	Bengaluru	560095
3	Acharya Yoga Centre	Jagadeesh Annappa Acharya	Yoga	+91 80252 XXXXX		ni••••••••••••@yahoo.co.in	No. 697, near Chinmaya Mission Hospital	Bengaluru	560038
4	Akshar Power Yoga Academy	Amit Soni	Yoga	+91 99861 XXXXX		ak••••@aksharyoga.com	NO.3, 3rd Floor, 18th Main Road, 35th Cross, Jayanagar 4th T Block, Bangalore - 560041, Opposite Bjp	Bengaluru	560080
5	Anantha Yoga	Mr Jayaraman Sairam	Yoga Training Centres	+91 93428 XXXXX	080-2368XXXX	ra••••••••@gmail.com	Fern City Club House, 231	Bengaluru	560056
6	Athreya Ayurveda and Yoga Chikitsalaya	Sudhava	Yoga	+91 98456 XXXXX		k.••••••••••@gmail.com	No. 1221, 4th Cross, near Priyadarsahani Hotel Yeshwanthpur Bangalore 560022	Bengaluru	560054
7	Ayaana Yoga Academy HSR Layout	Manager	Yoga	+91 98860 XXXXX		ba••••••••••••@gmail.com	4th Floor, #2731, 27th Main HSR Layout, Right Opposite To Nift College	Bengaluru	560034
8	Ayush	G N Sreekantaiah	Yoga Training Centres	+91 94815 XXXXX	080-2287XXXX	di••••••••••@gmail.com	Ananda Rao Circle	Bengaluru	560009
9	Babaji's Kriya Yoga	Vinod Kumar	Yoga	+91 98456 XXXXX		ba••••••••@yahoo.co.in	Malleshwaram Jamnadas Estate Radha Hindi High School Memco Road 52	Bengaluru	560055

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10	Chaitanya Wellness Yoga Studio	Prashant	Yoga	+91 80336 XXXXX		ch••••••••••••@gmail.com	NO.1, S R Enclave, 7th Cross, Kaggadaspura, C V Raman Nagar, Opposite Snap Fitness	Bengaluru	560093
11	Creators Child	Tarun Cherian	Yoga Therapy	+91 98805 XXXXX	080-2542XXXX	cr••••••••••••@gmail.com	Kalyan Nagar A Block, 3rd Cross 20/2	Bengaluru	560043
12	Dhrti Yoga Studio	Satya	Yoga	+91 98807 XXXXX		in•••@dhrti.com	Plot No. 69, 2nd Floor, near Home Needs Supermarket BTM 2nd Stage	Bengaluru	560076
13	F Magnum	Guruprasad	Yoga Training Centres	+91 97426 XXXXX	080-4202XXXX	ma••••••••••••@gmail.com	No 810, 27th Main, Above Vision Express	Bengaluru	560102
14	Ganesh Yoga Centre	Ganesh	Yoga	+91 80480 XXXXX		po••••••••••••@gmail.com	Narayanapa Garden	Bengaluru	560066
15	Govind Yoga	Prajith Govind	Yoga	+91 97400 XXXXX		pr••••••••••••@gmail.com	NO.775, 3rd A Main, 1st Main Road, Bommasandra Industrial Area, Near Southern Sp	Bengaluru	560099
16	Groupex Fitness Revolution	Azeemuddin	Yoga Training Centres	+91 98861 XXXXX	080-2363XXXX	gr••••••••••••@yahoo.in	1st Floor, 2013-11-12, Tilak Road, Near Police Station	Bengaluru	560032
17	Isha Yoga	Vel Shankar	Yoga	+91 99162 XXXXX		ve•••••••••@gmail.com	Kassia Hall, 2nd Floor, 2/106, 17th Cross, Magadi Chord Road, Vijayanagar, Near S	Bengaluru	560040
18	Isha Yoga Foundation	Rangarajan	Yoga	+91 98450 XXXXX		ba•••••••@ishayoga.org	Spastic Society, 5th Cross, Opposite Dominos Pizza, Indira Nagar	Bengaluru	560038
19	Ismail Naturopathy & Yoga Centre	Manager	Yoga	+91 99458 XXXXX	080-2666XXXX	ow••••••••@gmail.com	No 71, 3rd Main, Jhbcs Layout, JP Nagar Po, 1st Stage 2nd Main	Bengaluru	560078
20	Jyodhisham	Mr Velayudhan A P	Yoga Therapy	+91 98442 XXXXX	080-2525XXXX	jy••••••••@gmail.com	120, Byagada Denahalli, Anekal	Bengaluru	560038
21	Maharshi Institute of Creative Intelligence	Prabhakar D L	Yoga Training Centres	+91 98862 XXXXX	080-2679XXXX	bl••••••••••••@gmail.com	Prakruthi Residency, 25 G-1	Bengaluru	560085
22	Maitri Foundation		Yoga Training Centres	+91 99161 XXXXX	080-2671XXXX	in•••@maitrifoundation.com	1st Floor, 1012, Main Road, Near To Kims College	Bengaluru	560070
23	Namaste Yoga	Malathi Ramanathan	Yoga Training Centres	+91 99867 XXXXX	080-2654XXXX		1607, Near Gnr Kalyana Mandapa	Bengaluru	560041
24	Nemmadi Shri Lakshminarasimha Trust	Mukundha Rao B C	Yoga Therapy	+91 93411 XXXXX	080-2349XXXX	mr••••••••••@yahoo.co.in	Mahalakshmi Layout Nagappa Reddy Layout, Kaggadasapura 368	Bengaluru	560086
25	Neolife Yoga Studio	Srinivas	Yoga	+91 99000 XXXXX		kr••••••••••@gmail.com	Lttina Souparnika Gate, Sarjapur Road, Bangalore - 560034, Next Pai International, Before Wipro Corpo	Bengaluru	560102
26	Padma Yoga Foundation	Padmanabhan	Yoga Training Centres	+91 99726 XXXXX	080-2580XXXX	rp•••••@yahoo.com	Frazer Town Wheelers Road 4	Bengaluru	560005

#	Business	Contact person	Category	Mobile	Landline	Email	Address	City	PIN
27	Pradipika Institute of Yoga and Therapy	Shivashankar P Shenoy	Yoga	+91 97421 XXXXX		pr••••••••••••••••@gmail.com	No. 726/6, Prakash Enclave, 1st Floor, 3rd Block, Esi Main Road, 41st Cross, Opposite To Old Police Station Bus Stop	Bengaluru	560010
28	Sahaja Yoga Meditation Centre	Mithra	Yoga	+91 96322 XXXXX		fo••••••••••••••••@gmail.com	Amruthahalli	Bengaluru	560092
29	Samyama Academy of Yoga	Gowrisha	Yoga	+91 98450 XXXXX		sa••••••••••••••••@gmail.com	No. 39/1, 3rd Floor, Near Colony, Above State Bank of Mysore Basavanagudi	Bengaluru	560004
30	Satyam Wellness Yoga	Sateesh Kumar	Yoga	+91 99000 XXXXX		yo•••••••••@gmail.com	Uniworld Complex, Neeladri Road, Electronic City Phase 1, Opp, Ajmera Infinity	Bengaluru	560100
31	Satyananda Yoga Centre	Sanyasi Charana	Yoga	+91 93413 XXXXX		sw•••••••@rediffmail.com	Srirampuram 3rd Main 4th Cross Ramachandrapuram 87	Bengaluru	560021
32	Shree Nature Cure & Yoga Centre	Dr Jothy	Yoga	+91 98809 XXXXX	080-2642XXXX	dr•••••@gmail.com	Plot No. 1030, 1st E Main, near Arogya Mandir	Bengaluru	560085
33	Shreyas Yoga Retreat	Balaji	Yoga	+91 98100 XXXXX	080-2773XXXX	re•••••••••@shreyasretreat.com	Nelamangala Saras Baug	Bengaluru	562123
34	Shrimath Yoga	Krishna Prakash	Yoga	+91 97390 XXXXX		yo••••••••••@gmail.com	Gurukrupa, Arjuna Bittahalli, near Gallahalli Gate Nelamangala	Bengaluru	562123
35	Shuddham Yoga	Sanju Upadhyay	Yoga Training Centres	+91 98455 XXXXX	080-2362XXXX	sh••••••••••@gmail.com	Royal Enclave, 44, Ambika Industrial Estate, Magdalla Road	Bengaluru	560064
36	Siddhartha Yoga	Sidhartha	Yoga	+91 98459 XXXXX		si••••••••••••@gmail.com	#25, 2nd Floor, 1st Phase, Behind Florence English School J.P. Nagar	Bengaluru	560078
37	Sivananda Yoga Centre	Mahesh Prabhu	Yoga	+91 94484 XXXXX		yo•••••••••@yahoo.co.uk	No 205, 5th Cross, 3rd Block, Hrbr Layout, Kalyan Nagar, Next To ICICI Bank	Bengaluru	560043
38	Soham Yoga & Holistic Health Centre	Johnson	Yoga	+91 99012 XXXXX	080-2658XXXX	so•••••••@gmail.com	#294/1, near Hotel New Shanthi Sagar Domlur Layout	Bengaluru	560071
39	Sri Saradha Matha Yoga Satsang Kendra	Vivek	Yoga	+91 98451 XXXXX		si•••••••••@gmail.com	NO.203, Skandha Sadan, 4th Main, 5th Cross, Banashankari 1st Stage, Bangalore - 560085	Bengaluru	560050
40	Srimoyi Yoga	Bhaswathi Seal	Yoga	+91 80258 XXXXX		in•••@srimoyiyoga.com	No. T1, Sarjapur Outer Ring Road, Marathahalli Road, Bellandur, Near Intel Office	Bengaluru	560103
41	Sukha Yoga	Surendra	Yoga	+91 93432 XXXXX		p_•••••••@yahoo.com	No. 9, Ground Floor, near Srinidhi Sagar Hotel Ulsoor	Bengaluru	560008
42	Surya Yoga Corporate Wellness	Ravichandran	Yoga	+91 99451 XXXXX		yo••••••@gmail.com	Kundalahalli Adarsh Athwa Lines Marathalli Road, Whitefield, Near Palm Meadows	Bengaluru	560037
43	Sushrut Kayakalp Centre	MS Shalini Maral	Yoga Therapy	+91 94498 XXXXX	080-4160XXXX	ma••••••••@gmail.com	Nagarjuna Green Ridge Apartment, F-703, Shastri Nagar	Bengaluru	560102
44	The Art of Living		Yoga Training Centres	+91 98457 XXXXX	080-6650XXXX	ar••••••••••••••@gmail.com	2nd Floor, 17, Wall Street 1, Opp Axis Bank, Above Vijaya Bank	Bengaluru	560094

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45	The Yoga Life	Francis Vaisakh	Yoga	+91 72040 XXXXX		ad••••••••••••••••@gmail.com	Adarsha College, 12th Crs, 1st Blk, R T Nagar, Near Bda Cmplx	Bengaluru	560032
46	Unique Yoga Therapy	Abhitomar	Yoga	+91 97313 XXXXX		ab••••••••••@rediffmail.com	No. 371, near Ganesh Temple Koramangala 8th Block	Bengaluru	560095
47	Vihangam Yoga	Mr Piyush(proprietor)	Yoga	+91 99720 XXXXX	080-4095XXXX	ra••••••••••@yahoo.com	Koramangala 604, 6th G Crs, Near Sony World Signal	Bengaluru	560034
48	Vishwa Poornima Yoga Centre	Venkatesh T	Yoga	+91 93422 XXXXX		tv•••••@yahoo.co.in	NO.93, 5th Cross, 10th Main, 2nd Stage, Indiranagar, Bangalore - 560038, Opposite Centeral Bank of India	Bengaluru	560017
49	Vismaya Yoga Centre	Murli	Yoga	+91 80330 XXXXX		vi•••••••••@gmail.com	NO.54, 2st Floor, Sunkappa Reddy Bulding, 10th Cross, Hongasandra, Begur Main Road, Bommanahalli, Bangal	Bengaluru	560068
50	Yoga Adhyayam	Girijha	Yoga	+91 80236 XXXXX		gi••••••@yahoo.com	Kalathur Layout, Gangamma Circle, Jalahalli, Opposite To Kotakkal Arya Vaidyasha	Bengaluru	560013
51	Yoga Arogya Centre	Chandrashekar Reddy	Yoga	+91 88845 XXXXX		yo••••••••••••••••@gmail.com	No. 11, 1st Floor, near Venugopal Swamy Temple	Bengaluru	560036
52	Yoga City	Ganesh	Yoga	+91 78291 XXXXX		yo••••••••••@gmail.com	NO.938, 16th A Main, 24th A Cross, Sector 3, HSR Layout, Bangalore - 560034, Near HSR Club, Opposite T	Bengaluru	560078
53	Yoga Kala Krithi	A.S. Prakash	Yoga	+91 99029 XXXXX		yk•••@yogakalakrithi.com	No. 50/11, 3rd Floor, Opposite Bangalore Law College Seshadripuram	Bengaluru	560020
54	Yoga Lakshmi Water Supply	Ramesh	Yoga	+91 98442 XXXXX		gr••••••••••••••••@gmail.com	No. 80, near Mariyamman Temple Marathahalli	Bengaluru	560037
55	Yoga Narasimha Mines and Minerals (p) Ltd	Chengama Raju	Yoga		080-2634XXXX	yo••••••••••••••@yahoo.co.in	No 56, 39th A Cross, 11th Main, Jayanagar	Bengaluru	560041
56	Yoga Pathashala	Harsha Nagaraj	Yoga	+91 94838 XXXXX	0194-838XXXX	cr••••••••••@gmail.com	NO.152, 3rd C Main Road, 2nd Stage, 9th Block, Vinayaka Layout, Nagarbhavi, Near	Bengaluru	560072
57	Yoga Shree Preci Cut	Ramesh	Yoga	+91 94488 XXXXX		yo••••••••••••••@gmail.com	No. 41/2, Opposite Bimal Showroom, Whitefield Road, Mahadevapura Post	Bengaluru	560048
58	Yoga Wellness Center	Manager	Yoga	+91 92436 XXXXX		yo••••••••••••••••@yahoo.in	NO.2C-112, 2nd Cross Road, East of Ngef Layout, Kasturi Nagar, Near Kasturi Bakery	Bengaluru	560043
59	Yoga for You	Ashish Sukla	Yoga	+91 98443 XXXXX		yo••••••••••••••@gmail.com	Basaveshwara Nagar 1st Stage, Thavarere Main Road 14	Bengaluru	560079
60	Yogathon	Ravi Shankar	Yoga Therapy	+91 76769 XXXXX		in••••••••@gmail.com	The Art of Living International Centre, 21st Km Kanakpura Road	Bengaluru	560078

Questions

How many yoga centres & trainers are there in Bengaluru?
This list has 448 yoga centres & trainers in Bengaluru, Karnataka with contact details, 99% of them with a mobile number. It's the count in Starleads' data, not an official census.

How can I get the contact numbers of yoga centres & trainers in Bengaluru?
Download this list in Excel: 448 contacts, 99% with a mobile number and 46% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

Which areas of Bengaluru have the most yoga centres & trainers?
Basavanagudi (10), HSR Layout (10), JP Nagar (10), Jayanagar (10) and Koramangala (10).

Which city in India has the most yoga centres & trainers?
In Starleads' data: Mumbai (828), Bengaluru (448), Chennai (337). Bengaluru is 2nd of 5 cities. These are the counts of contacts in each list, not an official census.

Is there a free yoga centres & trainers list PDF for Bengaluru?
Yes. The free sample PDF has 60 contacts from this list, with phone numbers and emails partly masked. The full list comes as an Excel workbook.