Starleads

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

**337** contacts · **80%** with mobile numbers · **52%** with emails · **37%** with landlines · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 337 yoga centres & trainers in Chennai, Tamil Nadu with contact details. 80% have a mobile number, 52% an email address, 37% a landline and 9% a website. 97% come with a street address, 49% with the contact person's name and 98% with a PIN code.

Where a locality is given, most are in Anna Nagar (13), Adyar (11) and Nanganallur (9), followed by Ambattur, Velacheri and Mylapore.

Chennai's list is the 3rd largest of the 5 cities with a yoga centres & trainers list in Starleads' data, after Mumbai (828) and Bengaluru (448). It holds 70% of the yoga centres & trainers in Tamil Nadu.

Get all 337 contacts in Excel: https://starleads.in/data/yoga-centres-trainers-in-chennai/

## 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 | Aadhi Yoga | Rajendra | Yoga | +91 98428 XXXXX | | ra•••••••••@gmail.com | Vinaya Tution Centre Building, 2nd Street, Arumbakkam, SBI Officers Colony near Ap | Chennai | 600106 |
| 2 | Aasana Andiappan Yoga Centre- Manapakkam | Madhanraj | Yoga | +91 89394 XXXXX | | aa••••••••••••@gmail.com | 11, C R Ramakrishna Puram, L&t Colony, Manapakkam, Near Annapoorani Bhavan | Chennai | 600125 |
| 3 | Advanced Sitha Yoga Research Center | Anbu Ganapathi | Yoga | +91 94449 XXXXX | 044-2253XXXX | pr•••••@yahoo.com | No 7/79, Shankaran Avenue Radhamohan 100FT Road, Behind Krishna Sweets | Chennai | 600042 |
| 4 | Aerobics Yoga | Kishore | Yoga | +91 98410 XXXXX | 044-4501XXXX | sh•••••••••@gmail.com | No 191 Appasamy Krishna Hospital Basement, 100 Feet Road, Near Velacheri | Chennai | 600042 |
| 5 | Amma Yoga Centre | Vijaya Ramachandran | Yoga | +91 98402 XXXXX | | am••••••••@gmail.com | No 6/13, Flat D, First Floor, Ramana Apartment, Aryapuram First Main Road, Near Abhiramapuram | Chennai | 600018 |
| 6 | Ananda Yoga | Manager | Yoga | +91 88073 XXXXX | | ch•••••@anandaindia.org | No. 9, near Goethe Institute Nungambakkam | Chennai | 600034 |
| 7 | Anma Yoga | | Yoga | +91 94440 XXXXX | 044-2674XXXX | an•••••••@gmail.com | No 9, Old No 6/1, North Street V P Colony, Near by Esi Hospital, Kasi | Chennai | 600023 |
| 8 | Arogya Yoga | Owner | Yoga | +91 98416 XXXXX | 044-3302XXXX | pu•••••••••@gmail.com | No 8/2, Arcot Road, Valasaravakkam, Thandavamoorthy Nagar Opposite Kesavathini Bus | Chennai | 600087 |
| 9 | Asana Andiappan College of Yoga & Research Centre | Muruganandham | Yoga | +91 98413 XXXXX | 044-2618XXXX | en•••••@andiappanyoga.com | 7/18, South Park Street, Venkatapuram, Ambattur, Back Side of Govt. Girls High School | Chennai | 600053 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 10 | Asana Andiyappan Yoga Centre | Raja | Yoga | +91 99406 XXXXX | 044-6514XXXX | ya•••••@gmail.com | NO16, 21st Main Road, Anna Nagar West, Near Tirumangalam Signal | Chennai | 600101 |
| 11 | Aym Yoga & Fitness Centre | Balakrishna | Yoga | +91 98840 XXXXX | 044-3304XXXX | ay••••••••••••••@gmail.com | No 5/101, Bajanai Temple Street, Opp Pillayar Temple | Chennai | 600089 |
| 12 | Bmd Yoga | Murali Warrier | Yoga | +91 98412 XXXXX | 044-2656XXXX | ke••••••••@yahoo.com | No 2/31, Seethakathi Salai, Behind M M M Hospital | Chennai | 600037 |
| 13 | Dhanvantari Ayurveda & Yoga Clinic | Shalini | Yoga | +91 99402 XXXXX | 044-2260XXXX | sh••••••••••@gmail.com | No 6/3, 4th Street 1st Cross, Surendra Nagar near Surendra Nagar Bus Stop | Chennai | 600088 |
| 14 | Dhanvathri Yoga Naturo | Kumari L | Yoga | +91 86083 XXXXX |  | rs••••••••••••••@gmail.com | No 100, Tambaram Road, Velacheri | Chennai | 600042 |
| 15 | Dhyanalaya School of Yoga | Padmanadhan | Yoga | +91 99624 XXXXX | 044-3324XXXX | dh••••••••••••••••••@gmail.com | No 12, Anbu Nagar 11th Street Sridevikuppam Main Road, Near Peruma | Chennai | 600087 |
| 16 | Divine Yoga Centre | Joshua | Yoga | +91 99400 XXXXX | 044-3302XXXX | sj•••••••••@gmail.com | No 16, Kamrajar Salai Rajammal Nagar, Opposite To Tonakela Camp | Chennai | 600053 |
| 17 | Divya Yoga | Divyesh J | Yoga | +91 95434 XXXXX | 044-4353XXXX | di•••••••••@gmail.com | Old No 74 New No 70, Dr Alagappa Road, Near V K Hospital | Chennai | 600084 |
| 18 | Easy Yoga Meditation Centre | Purusotham Sony | Yoga | +91 98841 XXXXX | 044-3253XXXX | ea••••••••••@gmail.com | Old No. 5, New No. 22, near Dharamraja Temple | Chennai | 600079 |
| 19 | Global School of Yoga | Ganesh Kumar | Yoga | +91 95516 XXXXX | 044-3304XXXX | ma•••••••••••••••@gmail.com | No 700 Tnhb, 28th Street, Opposite To Bhakthavachalam School | Chennai | 600050 |
| 20 | Green Peace Yoga Center | Srinivasan | Yoga | +91 76397 XXXXX | 044-3306XXXX | pr•••••••••••••@yahoo.co.in | New No 16 Old No 11 D, 3rd Main Road Jaganadhapuram, Opposite ICICI Bank | Chennai | 600042 |
| 21 | Healthy Yoga Center | Umapathy | Yoga | +91 94441 XXXXX | 044-3307XXXX | he•••••••••••••••@gmail.com | No 18 Shirdi Ananda Apartment, Mukunda Ramanujam Street Maduma Nagar, Ne | Chennai | 600011 |
| 22 | Hemas Yoga Studio | K Hemalatha | Yoga | +91 97909 XXXXX | 044-3004XXXX | la•••••••@gmail.com | No. AJ120, 9th Main Road, Anna Adarsh School Anna Nagar | Chennai | 600040 |
| 23 | Indian School of Yoga | Dr A.S. Ashok Kumar | Yoga | +91 94440 XXXXX | 044-2653XXXX | ww•••••••••••••••@yahoo.com | LIG 662 Mogappair Eri, Near Amritavarshini Apts, Chennai - 600058, Near Ambattur Industrial Estate | Chennai | 600017 |
| 24 | Indian Yoga Centre | Hari Raaja Rajali V G | Yoga | +91 93809 XXXXX |  | ha••••••••@gmail.com | Inside Ymca, West Cott Road, Opp G H Royapettah | Chennai | 600014 |
| 25 | International Sivananda Yoga Vedanta Centre | Gopan Kumar | Yoga |  | 044-2451XXXX | ch•••••@sivananda.org | No 3/655 Plot No 131, Kuppam Road, Kaveri Nagar near E B Office & Sai | Chennai | 600041 |
| 26 | Isha Yoga Center |  | Yoga | +91 73587 XXXXX | 044-3329XXXX | ch•••••@ishafoundation.org | No 24, Bagavantham Street, Near T Nagar | Chennai | 600017 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 27 | Isha Yoga Centre | Anu | Yoga | +91 95000 XXXXX | 044-2499XXXX | in•••@ishalife.com | No 117 Isha Life Ground Floor, Luz Church Road, Near Nageshwara Rao Park | Chennai | 600004 |
| 28 | Kiriya Yoga Center | Raghavendra | Yoga | +91 94441 XXXXX | 044-2252XXXX | ha•••••••@yahoo.co.in | NO18 Jkp Sri Kumar Building Flat No F4, Mada Nagar Main Road, Moulivakkam, Near Ka | Chennai | 600116 |
| 29 | Krishnamacharya Healing Yoga Foundation | | Yoga | +91 98400 XXXXX | 044-4206XXXX | of••••@khyf.net | New No 6 Old No 5, Stone Link Avenue, Opposite Greenways Fly | Chennai | 600028 |
| 30 | Krishnamacharya Yoga Mandiram | Ramakrishana | Yoga | +91 94440 XXXXX | 044-2493XXXX | ad•••@kym.org | Old No 10 New No 31, 4th Cross Street, R K Nagar Behind Mandaiveli Telephone Exchange | Chennai | 600028 |
| 31 | Maharishi Patanjali School of Yoga | Ramkumar Vallirajan | Yoga | +91 97507 XXXXX | | yo•••••••••@gmail.com | No 14, Bharathidasan Street, Avadi, Rajbai Nagar | Chennai | 600054 |
| 32 | Meenakshi Yoga Naturopathy Research & Educational Trust | Manager | Yoga | +91 99404 XXXXX | 044-2229XXXX | me••••••••••@yahoo.com | Plot No 46 Door No 10, 2nd Main Road, Chennai - 600126, Secretariat Colony Mappedu near | Chennai | 600073 |
| 33 | Padmam Yoga | Manager | Yoga | +91 97876 XXXXX | | pa••••••••••@gmail.com | No 1, Nehru Street Cooperative Nagar, Adambakkam, Behind Dav School & near Shakthi | Chennai | 600088 |
| 34 | Pandian Yoga Centre | Yoga Pandian | Yoga | +91 94442 XXXXX | 044-2248XXXX | yp••••••••••@yahoo.co.in | No. 6, near Municipality Office Pammal | Chennai | 600075 |
| 35 | Patanjali Yoga Centre | S.V. Thiruvedhi | Yoga | +91 95000 XXXXX | 044-2642XXXX | sv••••••••••@gmail.com | No 5 Shree Laxmi Niwas, Anusuya Avenue Ormes Road, Opposite Bain School | Chennai | 600010 |
| 36 | R.A. Mani Yoga Asana Center | Raju Mani | Yoga | +91 72999 XXXXX | 044-3302XXXX | rm••••••••••••@yahoo.com | No. 3, 2nd Floor, Opposite Mangal Lake Park Mogappair West | Chennai | 600037 |
| 37 | Rajeshwari Yoga Nikethan | Ravivannan | Yoga | +91 93626 XXXXX | 044-3303XXXX | ra•••••••••@gmail.com | No. 44/8, 1st Main Road, Opposite Near Hospital Next Indian Bank | Chennai | 600082 |
| 38 | Sahaja Yoga Meditation Centre | Siva | Yoga | +91 94980 XXXXX | | tn••••••••••••@gmail.com | Chromepet | Chennai | 600044 |
| 39 | Santhosham Yoga Centre | Yoga Bharathi Prabhaganesan | Yoga | +91 97898 XXXXX | 044-3304XXXX | pr••••••••••••@gmail.com | No 36 Muthamizh Nagar, Pammal Main Road, Opposite To Iob | Chennai | 600043 |
| 40 | Saraswathi Yoga Class | Venkataraman R | Yoga | +91 98408 XXXXX | 044-3315XXXX | rv••••••@gmail.com | Rvr House No 1 2 & 3, Thirumalai Street Jai Balaji Nagar, Rayala Nagar | Chennai | 600089 |
| 41 | Satyananda Yoga Centre | Sannyasi Krishnayogam | Yoga | +91 94442 XXXXX | 044-3329XXXX | sa••••••••••••••••@yahoo.co.in | No 30 Bala Vidhya School, Chakrapani Street, West Mambalam, Near Fivelights on Tha | Chennai | 600033 |
| 42 | Say S Yoga Centre | R. Padmini | Yoga | +91 94453 XXXXX | 044-3302XXXX | pa•••••••••@gmail.com | No. 33 (i Floor), Mada Street, Pallikaranai, Near Balaji Dental College Or Pooja S | Chennai | 600100 |
| 43 | Shakthi School of Kuchipudi & Dance Yoga | Chandralekha A | Yoga | +91 95000 XXXXX | | sh••••••••••••@gmail.com | F1, Saptagiri Gardens, Vallal Adiyamman Street, Near Reliance Fresh | Chennai | 600091 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 44 | Shiva Sakthi Yoga Centre | Senthil | Yoga | +91 98410 XXXXX | 044-3376XXXX | sh••••••••••••@gmail.com | No 28/29, Kariyappan Street, Opposite Saravana Stores | Chennai | 600084 |
| 45 | Shiva Yoga Center | Shiva Yoga Center Chennai | Yoga | +91 95001 XXXXX | | sh••••••••••••••@gmail.com | 67/25, Balakrishnan Street, West Mambalam | Chennai | 600033 |
| 46 | Shri Dhanvanthri Yoga & Naturopathy Centre | Hema | Yoga | +91 97899 XXXXX | 044-3318XXXX | rh••••••••@gmail.com | No 19/21, Boobathy Nagar Main Road, Near Sholinganallur Signal | Chennai | 600119 |
| 47 | Sri Iswarya Yoga Jothisiya Nilayam | S. Ramesh Kumar | Yoga | +91 96592 XXXXX | | r.••••••••••••••@gmail.com | No. 139A, near George Town Cooperative Bank Kodungaiyur | Chennai | 600118 |
| 48 | Sri Sri Yoga Art of Living | Ranganathan | Yoga | +91 92824 XXXXX | 044-3326XXXX | pe••••••••••@gmail.com | Kamaraj Salai, Kalashetra Road, Beside Chakkarai Amman Koil | Chennai | 600041 |
| 49 | Sri Yoga Ganapathi Electronics | R. Vijayakumar | Yoga | +91 98415 XXXXX | 044-3326XXXX | yo••••••••••@gmail.com | No. 41, near Athi Pureeswarar Temple | Chennai | 600100 |
| 50 | Sriram Yoga Healing Foundation | Ram Kumar | Yoga | +91 99403 XXXXX | 044-2224XXXX | sr•••••••••@gmail.com | No. 5, near Sai Surya Bhavan Nanganallur | Chennai | 600114 |
| 51 | Swasthya Nature Cure & Yoga Centre | Arunkumar | Yoga | +91 97104 XXXXX | 044-9710XXXX | dr••••••••••••@gmail.com | No 15 Krishna Nagar, Kamaraj Salai, Behind Avichi School | Chennai | 600092 |
| 52 | The International Yoga Institute | A. Ramanathan | Yoga | +91 94443 XXXXX | 044-2844XXXX | | Old No. 1, New No. 3, Avanna Garden, Dr R K Salai, Near Dgp Office, Mylapure, Chennai - 600 004 | Chennai | 600004 |
| 53 | Third Eye Yoga Theraphy | Nivethitha | Yoga | +91 81244 XXXXX | 044-3302XXXX | te••••••@gmail.com | No 36 Old Township Road, Secretariat Colony, Ambattur, Nearby Kaveri Textile | Chennai | 600053 |
| 54 | Truth Yoga World | Mani Mozhi Elango | Yoga | +91 90428 XXXXX | 044-3303XXXX | sm••••••••@gmail.com | No 1, 1st Street Arul Murugan Nagar Extn, Near Anna Park | Chennai | 600117 |
| 55 | Universal Yoga Centre | Harish | Yoga | +91 98412 XXXXX | | ha••••••••••@gmail.com | No. 117/120, 2nd Block, near Indian Oil Petrol Bank Mogappair West | Chennai | 600037 |
| 56 | Vallalar Yoga Center | Anna Malai | Yoga | +91 98843 XXXXX | 044-2550XXXX | yo••••••••••@yahoo.com | No 23, Arjun Nagar 2nd Street, Poompukar Nagar, 17th Street Extention, Near Kolathur | Chennai | 600099 |
| 57 | Vishnu Yoga & Diet Counselling Centre | Tharani | Yoga | +91 81483 XXXXX | | yo•••••••••@gmail.com | No 1, Pammal Nalla Thambi Street, K K Nagar, Mgr Nagar Market | Chennai | 600078 |
| 58 | Yoga Centre Ethiraj Kalyana Mandapam | Gaythri Pappu | Yoga | +91 99620 XXXXX | 044-2435XXXX | gi••••@hotmail.com | No 10 G 5, 1st Cross Street, Seethammal Colony Jain Win Gate Garden Oppo | Chennai | 600018 |
| 59 | Yoga Jothi Yoga Center | E.K. Swamy | Yoga | +91 94442 XXXXX | 044-3302XXXX | yo•••••••@gmail.com | No 60, 2nd Main Road Thirumalai Nagar Annexe, Upstairs Heritage Fresh | Chennai | 600096 |
| 60 | Yoga Kitchen | K Thyagarajan | Yoga | +91 97908 XXXXX | | yo••••••••••@gmail.com | No 16/8, Devaraj Street, Near Pattalam | Chennai | 600012 |

## Questions

**How many yoga centres & trainers are there in Chennai?**
This list has 337 yoga centres & trainers in Chennai, Tamil Nadu with contact details, 80% 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 Chennai?**
Download this list in Excel: 337 contacts, 80% with a mobile number and 52% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

**Which areas of Chennai have the most yoga centres & trainers?**
Anna Nagar (13), Adyar (11), Nanganallur (9), Ambattur (8) and Velacheri (8).

**Which city in India has the most yoga centres & trainers?**
In Starleads' data: Mumbai (828), Bengaluru (448), Chennai (337). Chennai is 3rd 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 Chennai?**
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.