Starleads

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

711 contacts · **86%** with mobile numbers · **58%** with emails · **26%** with landlines · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 711 yoga centres & trainers in Delhi with contact details. 86% have a mobile number, 58% an email address, 26% a landline and 9% a website. 98% come with a street address, 40% with the contact person's name and 85% with a PIN code.

They are spread over 2 cities and towns; the most are in Delhi (668), New Delhi (16) and Defence Colony (1), followed by Dwarka and Mehrauli.

Delhi's list is the 2nd largest of the 5 states with a yoga centres & trainers list in Starleads' data, after Maharashtra (1,160).

By category, the biggest groups are Yoga (672), Yoga Training Centres (29) and Yoga Therapy (7).

Get all 711 contacts in Excel: https://starleads.in/data/yoga-centres-trainers-in-delhi/

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	Yoga Shaktee	Bakul Gupta	Yoga	+91 99107 XXXXX		fl••••••••••@gmail.com	The Motivation	Defence Colony	110003
2	Aashima's Aerobics & Yoga Studio	Aashima	Yoga	+91 97110 XXXXX	011-3308XXXX	aa••••••••••••@gmail.com	E-300 Basement, Near Medicine. Com & M Block Ma	Delhi	110048
3	Adhisesha Yoga Centre	Adhisesha Parama Guru	Yoga	+91 95558 XXXXX	011-2271XXXX	ad••••••••••@gmail.com	171-H, Pocket-4, Mayur Vihar Phase I	Delhi	110091
4	Archna Didi Meditation & Yoga Studio	Jyoti	Yoga	+91 88007 XXXXX	011-4552XXXX	h.••••••••••••@gmail.com	24, Park View Appts, Sec-12, Plot-16, Dwarka Sector 12, Opp Rockland Hospital	Delhi	110078
5	Asha Yoga Meditation & Dance Studio	Rakesh	Yoga	+91 98117 XXXXX		as••••••@rediffmail.com	1566, Shora Kothi, Kamla Nagar, Opposite Kohlapur Road	Delhi	110007
6	Ashu Yoga	Ashu Garg	Yoga Training Centres	+91 98710 XXXXX	011-6579XXXX	as••••••••••@yahoo.co.in	K-81B, Ground Flr, Near Kalka Jewellers	Delhi	110019
7	Atmothan Yoga Classes	Brijmohan	Yoga	+91 98101 XXXXX	011-3951XXXX	br••••••••••••••••@gmail.com	C -2A, Azad Apartment, Paryavarn Complex, Ignou Road	Delhi	110017
8	B K Iyengar Yoga	Amiya Kumar Mishra	Yoga	+91 98996 XXXXX		am••••••@yahoo.com	Ground Floor, near ICICI Bank Atm Lodi Road	Delhi	110003
9	Bansal Yoga	Dr S K Spra	Yoga	+91 92502 XXXXX	011-3308XXXX	ba••••••••@gmail.com	Vedic Upchar Sanstha, Office Number-27, Ground Floor, Rajendra Bhawan, Pusa Road, Delhi - 110060, Near Old Rajender Nagar	Delhi	110008
10	Bhartiya Yog Sansthan	Radha Bhel	Yoga Training Centres	+91 99534 XXXXX	011-2794XXXX	bh•••••••@yogsansthan.org	Mangalam Palace, Near Police Station	Delhi	110085
11	Dhyan Foundation	Nandini Ghosh	Yoga Training Centres	+91 98181 XXXXX	011-2625XXXX	dh•••@dhyanfoundation.com	28/16, Arya Samaj Mandir, Nangia Park, Near Canara Bank	Delhi	110049

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12	Hath Yoga	Inderdev	Yoga	+91 98105 XXXXX	011-3343XXXX	in••••••••••••@yahoo.com	Gurukul Ashram 119, Near Dak Ghar	Delhi	110049
13	Health Sure Yoga Centre	Lata Kumari	Yoga	+91 92121 XXXXX	011-6462XXXX	la••••••••••••@gmail.com	No. 31, near Hanuman Temple Uttam Nagar	Delhi	110059
14	Iner Stainth Yoga	Sudhir Karala	Yoga	+91 98184 XXXXX		sm••••••••@rediffmail.com	4/150-Lalita Park, Laxmi Nagar, Near - Vikas Marg	Delhi	110092
15	Krishna Yoga	Princy Sonik	Yoga	+91 95821 XXXXX	011-3954XXXX	pr•••••••••@rediffmail.com	P-8, Ground Floor, Private Colony, Near Hanuman Mandir	Delhi	110065
16	Laxman Yoga Class at Home	Laxman	Yoga	+91 98183 XXXXX		yo••••••••••••••••••@gmail.com	1/10702, Subash Park, Gali No 1, Greater Kailash, Near Shyam Lal College	Delhi	110048
17	Life Rhythm Yoga	Ram Chandra Ahlawat	Yoga Training Centres	+91 98112 XXXXX	011-2649XXXX	ra•••@liferhythmyoga.com	Devli Holi Chowk 617/9	Delhi	110062
18	Malas Yoga Training	Mala	Yoga	+91 92685 XXXXX		ja•••••••@yahoo.in	Shop No. 6, near the Jewellery Home Vasant Kunj Delhi 110070	Delhi	110074
19	Manas Yoga Sansthan	Vijay	Yoga	+91 98112 XXXXX	011-2634XXXX	su••••••••@gmail.com	Flat No - 6 D, Siddharth Enclave, Siddartha Extension, Pocket-C	Delhi	110014
20	Morarji Desai National Institute of Yoga	Basan Arya	Yoga		011-2372XXXX	md•••@yahoo.co.in	68, Ashok Road, New Delhi, Near Gole Dakkhan	Delhi	110001
21	Nature Cure & Yoga	Dr Ashok Kumar	Yoga	+91 98102 XXXXX	011-2327XXXX	an••••••••••@gmail.com	51 Daryaganj, Main Road, Backside Ram Mandir, Backside Mcdonalds	Delhi	110002
22	Panchwati Yoga Ashram	Acharya Ashutosh	Yoga	+91 98101 XXXXX	011-4050XXXX	pa••••••••••••@rediffmail.com	C-205, Grd Flr, Meo Plaza, Delhi - 110017, Savitri Ngr, Opp Sydinate Bank	Delhi	110049
23	Poorna Yoga		Yoga	+91 98731 XXXXX	011-2696XXXX	yo••••••@gmail.com	C - 12 Gulmohar Park, Near Father Agnel School	Delhi	110049
24	Power Plus Results Yoga & Naturopathy	Poonam	Yoga	+91 95408 XXXXX	011-3954XXXX	po••••••••••••••••••••@gmail.com	1864, Ground Floor, Outer Lane, Near Hari Mandir	Delhi	110009
25	Ramesh Yoga	Ramesh	Yoga	+91 78386 XXXXX	011-3363XXXX	pa••••••••••@yahoo.co.in	Plot No. 634/72nd Floor, near Bank of Phatiala Govindpuri	Delhi	110019
26	Rupali Power Yoga & Meditation Classes	Rupali Chaurasia	Yoga	+91 95602 XXXXX	011-3308XXXX	sh••••••••••••••@yahoo.in	Flat Number 7, United India Apartment, Mayur Vihar Phase I, Near Samachar Apartment	Delhi	110091
27	Sarita Yoga Centre	Amit Gandhi	Yoga	+91 84476 XXXXX	011-4143XXXX	ga••••••••@yahoo.com	S-523 A, Near M Block Mkt, Part-2	Delhi	110048
28	Sawan Institute of Yoga & Naturopathy	Sawan Kumar	Yoga	+91 93126 XXXXX	011-2512XXXX	pa••••••••••••@yahoo.co.in	No. JA/33A, DDA Flatt, near Punjab Bank Atm Hari Nagar	Delhi	110064
29	Shalini Yoga Classes	Shalini	Yoga	+91 88001 XXXXX	011-3951XXXX	sh••••••••••@gmail.com	No. Cb 179/1, 2nd Floor, near Indian Oil Petrol Pump Naraina	Delhi	110028
30	Shiv Yoga	Neeraj	Yoga	+91 88004 XXXXX		sh••••••••••••@gmail.com	49, Vishal Market, Rajouri Garden, Delhi - 110027	Delhi	110049

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31	Shiva Shakti Yoga Centre	Mahima	Yoga	+91 97172 XXXXX	011-4157XXXX	fi••••••••••@gmail.com	B-1/21, Main Najafgarh Road, Delhi - 110058, Near Janakpuri B Block	Delhi	110001
32	Shree Ram Yoga and Naturopathy Centre	Jaya	Yoga	+91 95558 XXXXX		ja••••••••@rediffmail.com	D 5, First Floor, Om Nagar, Street No 1, Badarpur, Near Moladband School	Delhi	110044
33	Shri Balaji Yoga Center	Dinesh	Yoga	+91 98687 XXXXX	011-4113XXXX	yo••••••••••@gmail.com	No. 1062, Galli No. 10, near Govindpuri Main Market	Delhi	110019
34	Sivananda Yoga Vedanta Centre		Yoga	+91 98185 XXXXX	011-2924XXXX	de•••@sivananda.org	Plot No. A/41, Beside Trilegal Kailash Colony	Delhi	110048
35	Slim Fit Aerobics and Yoga Centre	Ritu Goyal	Yoga	+91 98995 XXXXX	011-3306XXXX	ri••••••@gmail.com	Plot Number 45, Second Floor, Sector 12 A, Near Bal Bharti Public	Delhi	110078
36	Swayam Ashtang Yoga	Vikram Singh	Yoga	+91 99715 XXXXX	011-3345XXXX	sw••••••••••••••••@gmail.com	No. GF121C, Jhilmil Colony, Yamuna Sports Complex Karkardooma	Delhi	110096
37	The Higher Yoga	Yogamitram Bibhansu	Yoga	+91 99530 XXXXX	011-2925XXXX	be••••••@gmail.com	Old Lajpat Rai Market Old Lajpatrai Market 1234	Delhi	110017
38	The Yoga Chakra	Manisha	Yoga	+91 96504 XXXXX	011-3305XXXX	ka••••••@gmail.com	D-18, Lower Ground Floor, Opposite Sukhda Hospital	Delhi	110048
39	The Yoga Class	Kanika Guptya	Yoga	+91 98992 XXXXX	011-3398XXXX	co•••••@theyogaclass.in	Poket 37, D P S International School, Saket, Near District Court	Delhi	110017
40	The Yoga Guru	Mohan Kumar Karki	Yoga	+91 99584 XXXXX		th•••••••••@gmail.com	#G-40 Kalkaji	Delhi	110049
41	Universal Power Yoga	Sharwan Singh	Yoga	+91 96430 XXXXX	011-3306XXXX	ku••••••••••••••••@gmail.com	71, Gujrat Vihar	Delhi	110092
42	Urban Yoga Studio	Shiiromani	Yoga	+91 88006 XXXXX	011-3305XXXX	yo••••••••••••••••@gmail.com	Plot NO-3, Dwarka Sector 11, Near DDA Sports Club, Nair Society, Mannam Internationa	Delhi	110075
43	Vedic Power Yoga	Mangesh Trivedi	Yoga	+91 99118 XXXXX		ve••••••••••••@gmail.com	Pacific Sports Complex, Greater Kailash, Near Lsr College	Delhi	110048
44	Veeru Yoga Trainer	Virendra	Yoga	+91 95554 XXXXX		vi••••••••••••@gmail.com	112 Lajpat Nagar, Hakikat Nagar, Hanuman Mandir	Delhi	110024
45	Venus Astroscience N Yoga Research Foundation	Acharya Vikas Kaushik	Yoga	+91 92138 XXXXX		vi••••••••@gmail.com	4/3470, Desh Bandhu Gupta Road, Karol Bagh, Regar Pura, Near Axis Bank Atm	Delhi	110005
46	Vishwa Bharti Yoga Sansthan		Yoga	+91 98998 XXXXX	011-2254XXXX	pb••••••••@yahoo.in	A 138, Priyadarshni Vihar, Near Lovely Public School	Delhi	110092
47	Yoga A Way of Life	Ajay Tomar	Yoga	+91 99991 XXXXX	011-2680XXXX	aj••••••••••@gmail.com	A-117, Near Temple Tree School, Chattar Pur Enclave, Phase-2	Delhi	110074
48	Yoga Gourav	Hitanshi	Yoga	+91 96505 XXXXX		go••••••••••@gmail.com	Defency Colony, near Nirv Modi Defence Colony Delhi 110025	Delhi	110003
49	Yoga Jivan Shakti	Gopal Kumar	Yoga	+91 92660 XXXXX		bh••••••••••@gmail.com	A-19, Krishna Nagar	Delhi	110051

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50	Yoga Life	Mr . Zuban	Yoga Training Centres	+91 98118 XXXXX		ma•••••@yogalife.org	Nanak Bhavan, 252 A, Opp . Panchsheel Commercial Complex	Delhi	110049
51	Yoga Power Studio	Vijaylakxmi	Yoga	+91 99585 XXXXX	011-4167XXXX	ji••••••••••@yahoo.in	No. M65A, Lower Ground Floor, near Tikona Park Malviya Nagar	Delhi	110017
52	Yoga Teachers Training	Anil Kumar	Yoga	+91 98716 XXXXX		an••••••@gmail.com	Dwarka Sector 11	Delhi	110075
53	Yogoda Satsanga Society	Bakssi	Yoga Training Centres	+91 98102 XXXXX	011-2336XXXX	ys••••••••@gmail.com	2013-11-12, Bhai Veer Singh Marg, Near Cross the Road Speed Post Office	Delhi	110001
54	Moksha Marg Center for Yoga Pilates		Yoga	+91 99531 XXXXX			Aerobic & Gym	Dwarka	110059
55	Yoga Teachers		Yoga	+91 85870 XXXXX		ku••••••••••@yahoo.co.nz	Shiv Apartment, House No 882, Delhi, Near Saraswati Bal Mandir School	Mehrauli	110030
56	And Now Yoga		Yoga	+91 96543 XXXXX		su••••••••••••••@gmail.com	D228 First Floor Defence Colony	New Delhi	110024
57	Conservation Centre of Herbs Yoga & Naturopathy	Kamal Singh	Yoga	+91 97161 XXXXX		ka••••••••@gmail.com	No. 1170, Rocket Sector 19, Dwarika	New Delhi	110075
58	Himalayan Institute Publications	Mr Mr Aman Agnihotri, Himalayan Institute Publications, Mr Arun Trichal	Yoga, Meditation, Spirituality, Holistic Living Magazines		011-2640XXXX	am•••••••@hotmail.com	425, Ground Floor, Sant Nagar, East of Kailash	New Delhi	110065
59	Himalayan Yoga	Vikram Bhandari	Yoga	+91 98112 XXXXX		yo•••••••••@yahoo.co.in	No. O-30, Second Floor, Shree Niwas Puri	New Delhi	110065
60	Yoga	A Bami	Yoga	+91 98108 XXXXX		an••••••••@gmail.com	G-13 Hauz Khas|	New Delhi	110016

Questions

How many yoga centres & trainers are there in Delhi?

This list has 711 yoga centres & trainers in Delhi with contact details, 86% 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 Delhi?

Download this list in Excel: 711 contacts, 86% with a mobile number and 58% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

Which cities in Delhi have the most yoga centres & trainers?

Delhi (668), New Delhi (16), Defence Colony (1), Dwarka (1) and Mehrauli (1).

Which state in India has the most yoga centres & trainers?

In Starleads' data: Maharashtra (1,160), Delhi (711), Karnataka (579). Delhi is 2nd of 5 states. These are the counts of contacts in each list, not an official census.

Is there a free yoga centres & trainers list PDF for Delhi?
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.