

THE YOGA HOUSE®

We are a community of seekers aiming to assist in bringing joy and good health to you through authentic principles of a yogic lifestyle



Our offerings



Yoga

Courses, practice sessions,
workshops, immersions -
Individually or in groups



Events and Retreats

Wellness, rejuvenation,
celebration, experiences
learning, bonding



Café

Healthy global cuisine –
Made with love, care and
ayurvedic principles



Products

Boutique of sustainable
products for your practice or
celebrating life

Our values

Simple, Honest & Authentic

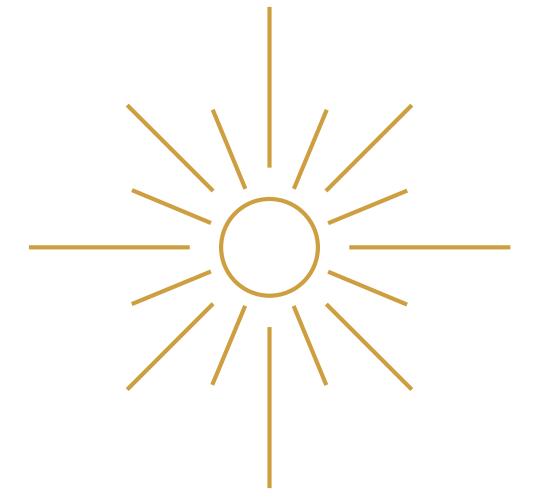
We believe in a traditional approach and take inspiration from the ancient wisdom

These values extend to all our activities - in the cafe, on the mat and in our interactions

Simple wholesome food; sustainable yoga practice that works for you, and mindful, honest and authentic exchanges

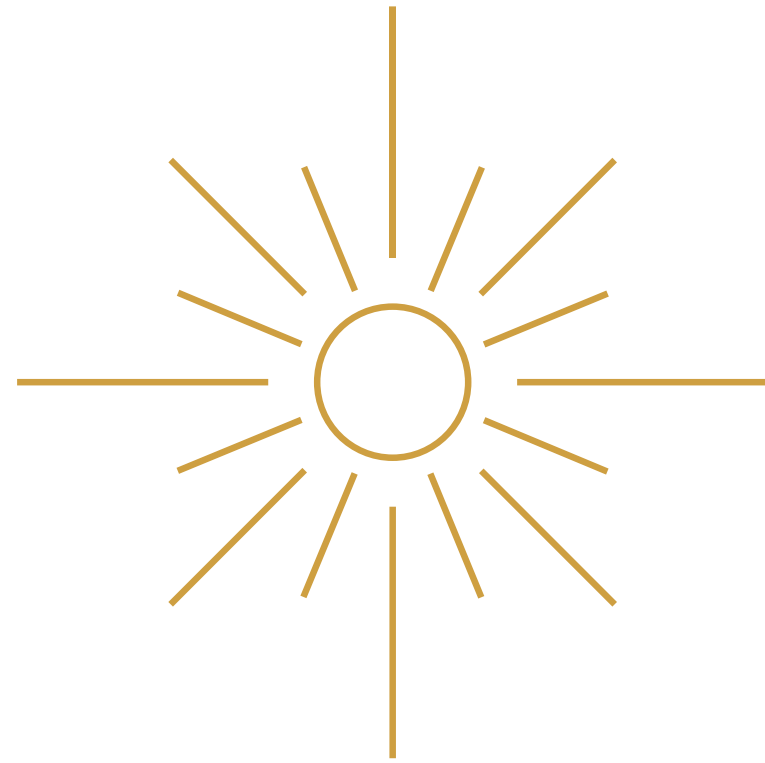


#eatpracticeandlove



Equality, inclusivity and non-judgment

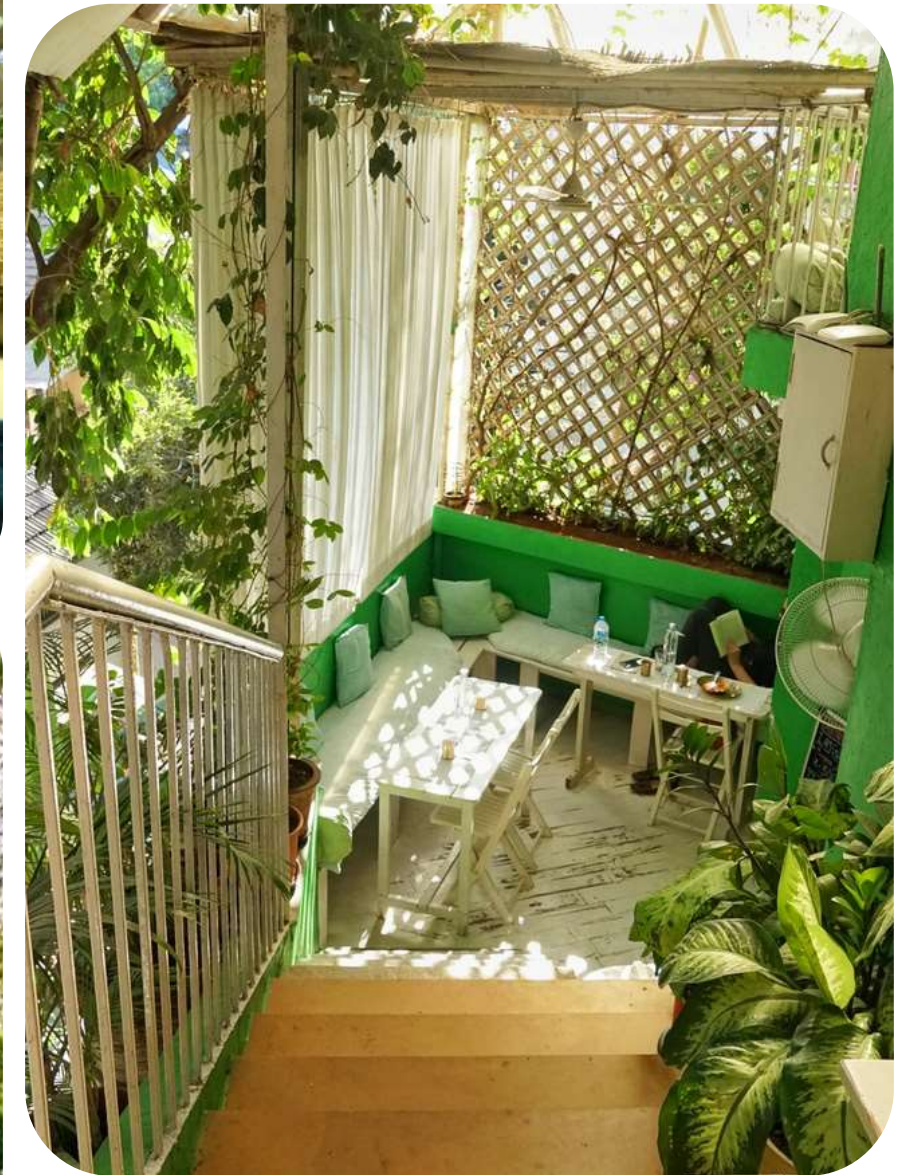
We strive to provide a safe platform where people from all over the world come together, learn from each other and grow.



Our space

The Yoga House dwells in a quaint, three storied abode, nestled amongst trees, in a peaceful by-lane of Pali Hill, Bandra

Our space resonates with our belief in simplicity and conscious sustainability



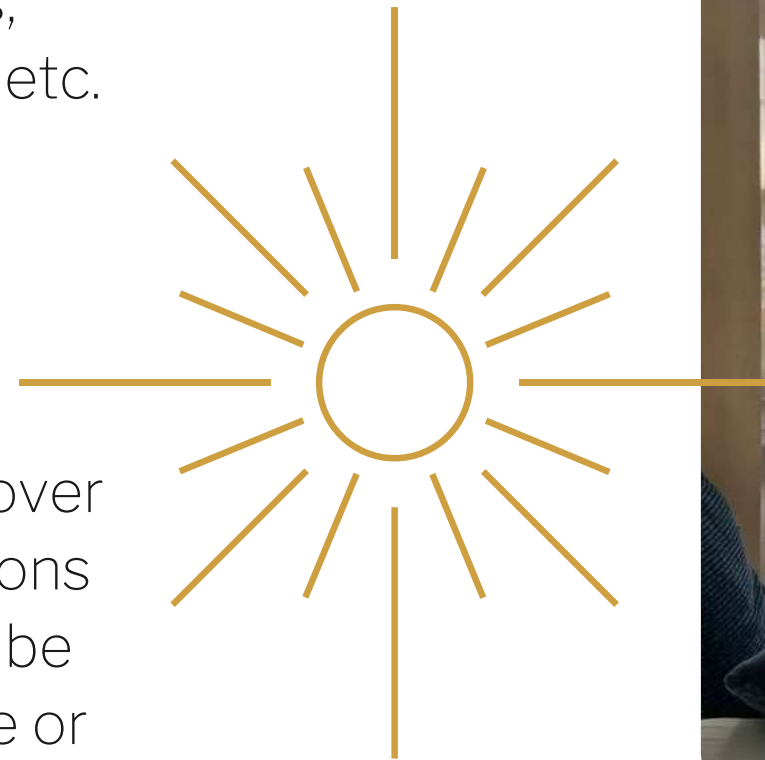
Yoga shala

Our shala (yoga studio) is designed as per traditional principles to help in deeper inward practice. It is also equipped with a range of yoga props like ropes, chairs, blocks, bolsters, blankets, etc.

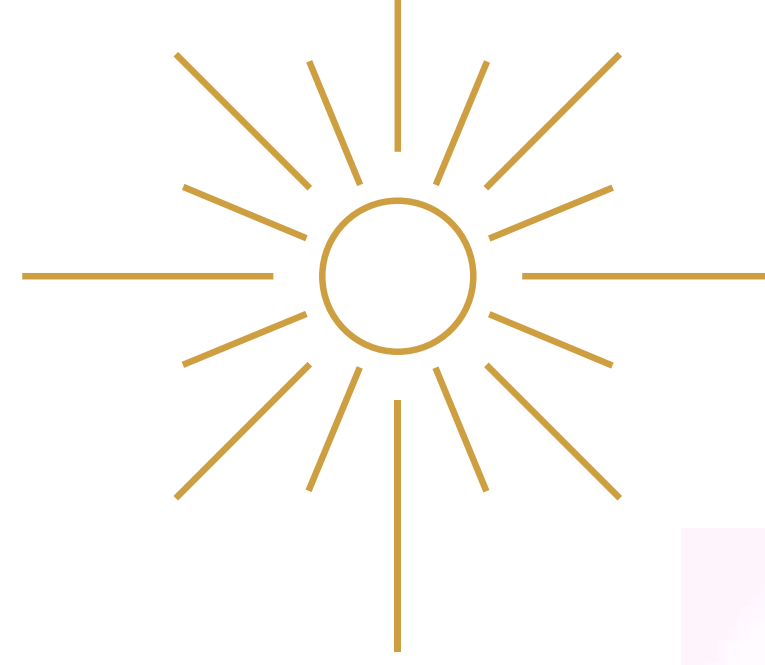


Cafe

Our eclectic café, spread over multiple floors offers options to be in sunlit areas or to be surrounded by rich foliage or be in the comforts of air conditioning. It also offers options to be part of the community or have private cozy spaces.



YOGA



The word Yoga means union. For some it is the union of mind, body and soul, for others it goes beyond and is union with people, nature and everything around us and tapping into one consciousness connecting us all

समत्वं योग उच्यते

Evenness of mind is Yoga



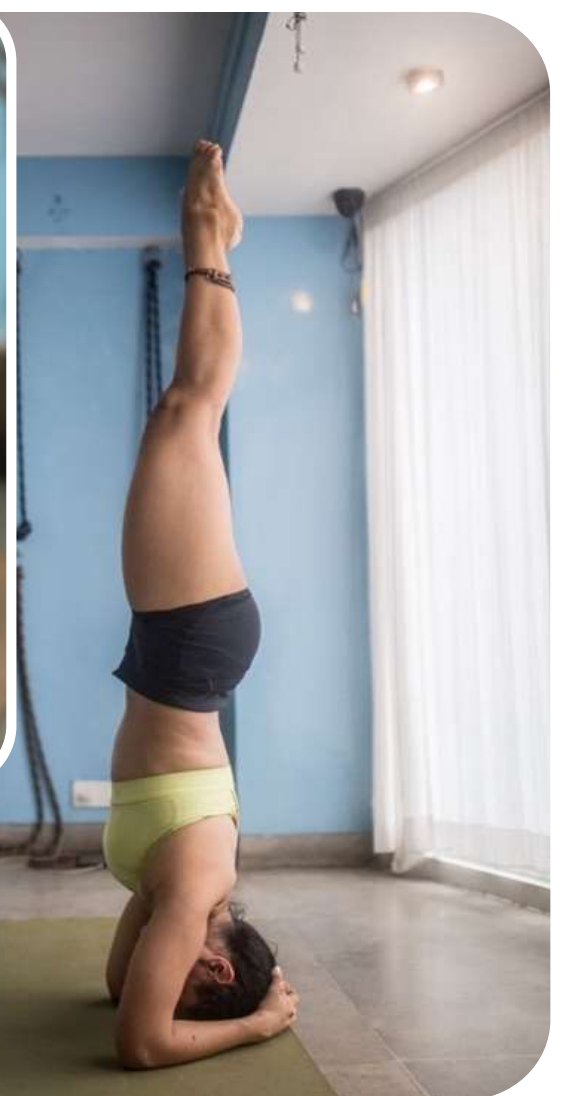
Just come with a mat and intention

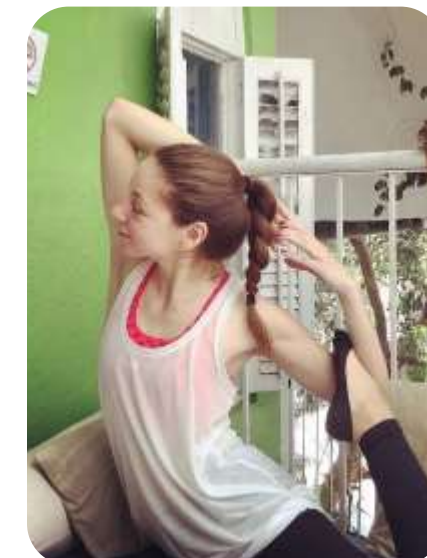
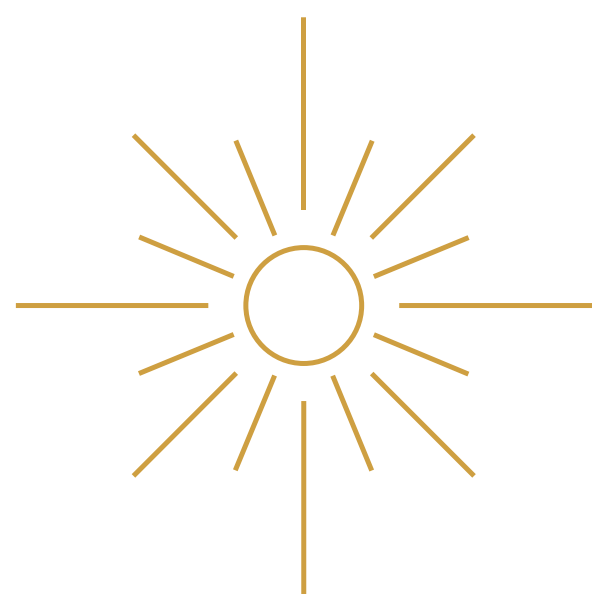


Each of us may seek or need different things in our journey of yoga and spirituality. It could be a desire to explore, take formal classes, deepen one's practice, be part of a community, or simply find some space and vibe

Over the past many years we have been carefully building our space, team and community to be able to assist with whatever you seek

We are committed to a very personalized and encouraging teaching methodology





Wholistic lifestyle

We work with our practitioners to expand the practice beyond the pose- a way of aligning body, breath, mind & consciousness - A Wholistic Lifestyle!



#yogaallday

Regular weekly schedules include Hatha, Ashtanga, Iyengar Inspired, Vinyasa Flows and Yin classes

The morning classes are mostly invigorating, dynamic schools and the sundown sessions incline towards slow, restorative paths

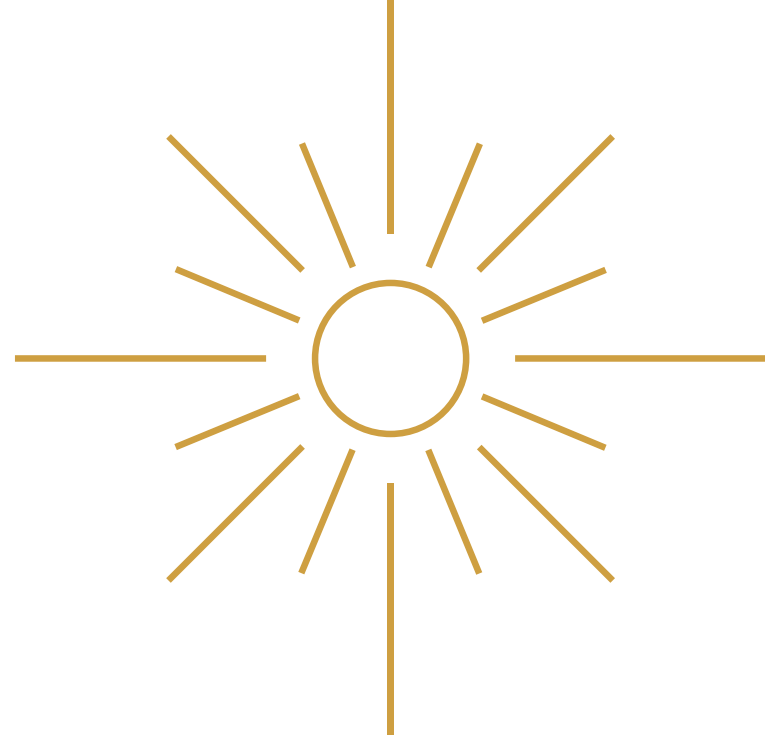
These are complimented by carefully curated sessions, workshops, immersions and retreats on meditation /mindfulness, breath flow, mudras, sound therapy, mystic inner wellbeing, etc.

We also regularly offer special intensives and sessions by teachers from around the world

आचार्यात् पादम् आधत्ते पादं शिष्यः स्वमेधया।
पादं सब्रह्मचारिभ्यः पादं कालक्रमेण च ॥



*A quarter of knowledge from the teacher, a quarter by own intelligence
A quarter from fellow students and a quarter in due course of time*

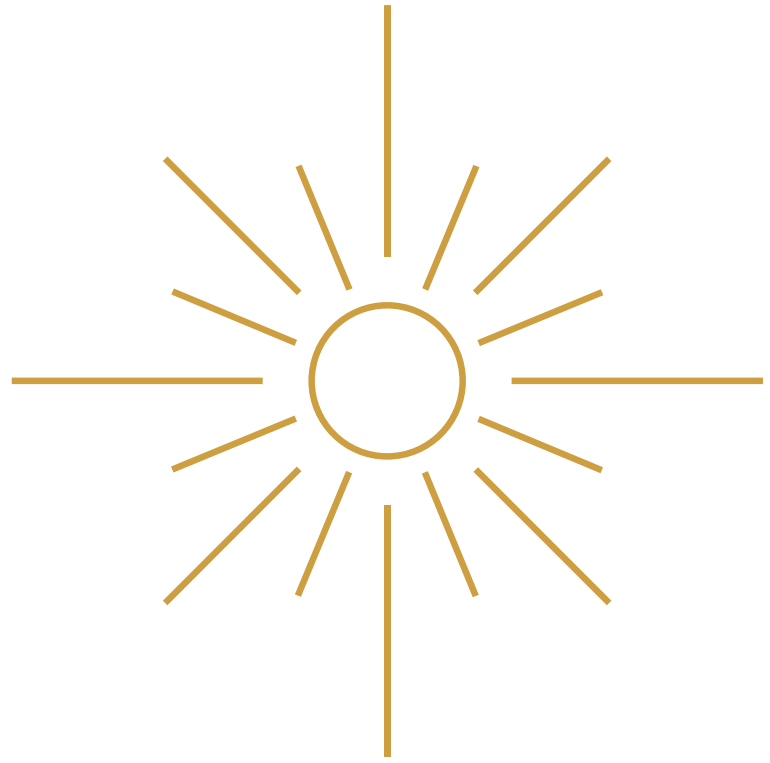


Welcome home

For seekers of self-paced or remedial sessions individually or in groups our counsellors are happy to assist to design workshops and experiences

We welcome you to explore our space, interact with our team and hopefully join our community





CAFE

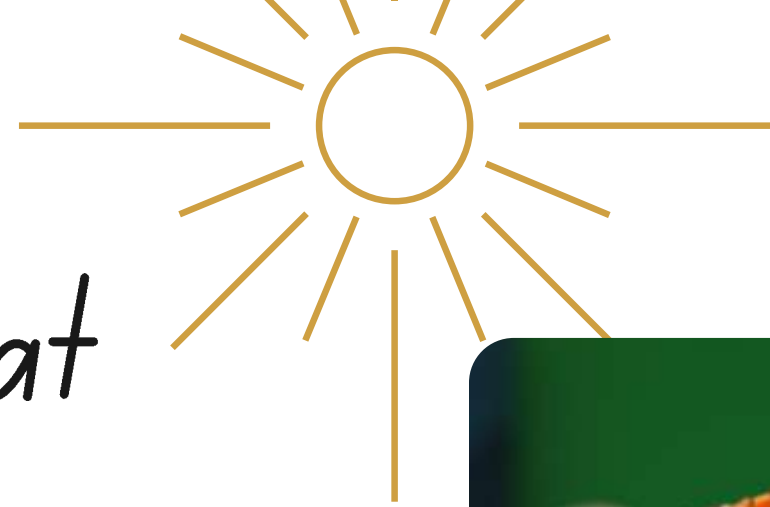
Healthy comfort food in an even more comfortable space where you would be spoiled for choice!

तमन्ना भोजनगतः चित्तः।

What we feel and think while eating impacts how it affects the mind



We are what we eat!



Yoga is more than poses - it's a spiritual philosophy and a lifestyle

A yogic diet is an integral part of that lifestyle and it promotes healing, balance and inner peace. It often gets cumbersome to make it at home or find it at restaurants. To assist our community we came up with The Yoga House Café.

Our food and space appealed to many and now it has grown to be a favorite spot for people seeking a scrumptious bite of health and goodness as well as a cozy space to just be. We are highly rated and available on Zomato and Swiggy and also do pop-ups and events



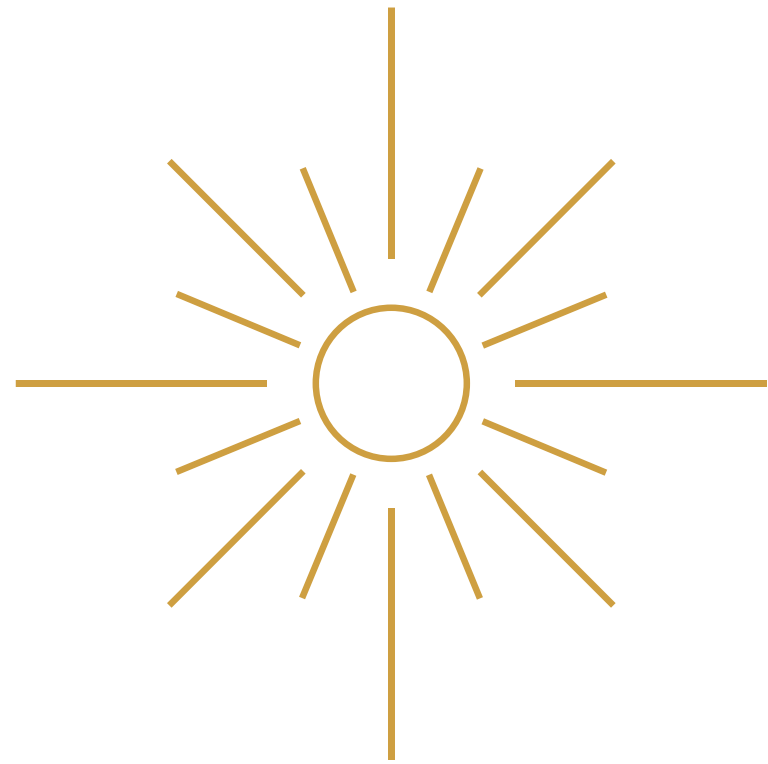
High prana food

Our all-day vegetarian menu is inspired by the principles of Ayurvedic diet and caters to the taste buds of the global citizen.

We offer a carefully designed selection that also includes vegan, gluten-free, and keto delicacies

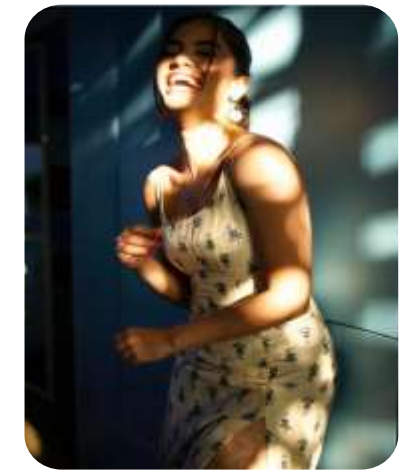
Our chefs have mastered the art of offering dishes and flavors from around the world made from locally sourced fresh, healthy and high quality produce. We strive for organic and sustainably farmed ingredients to the extent possible.

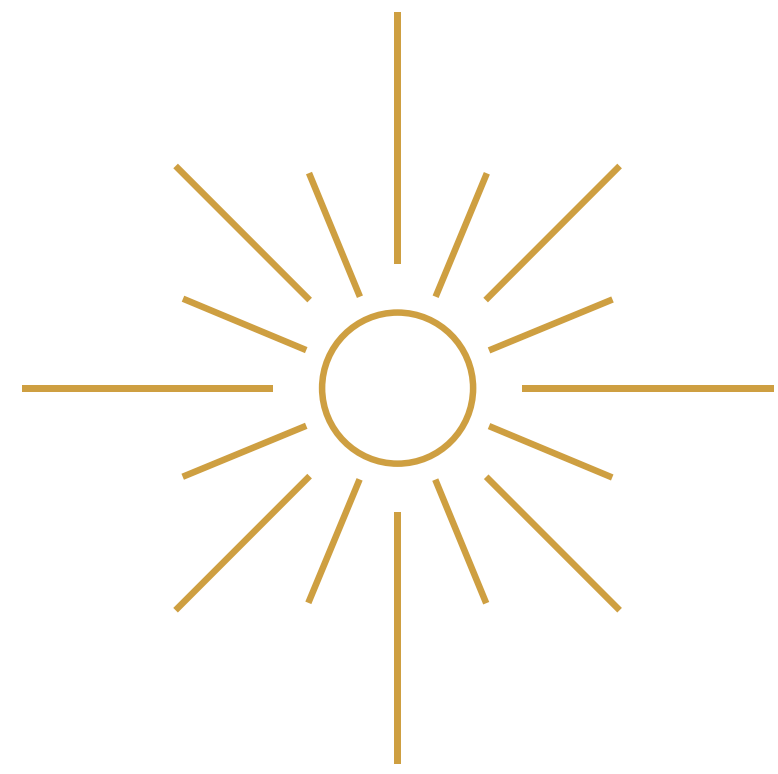




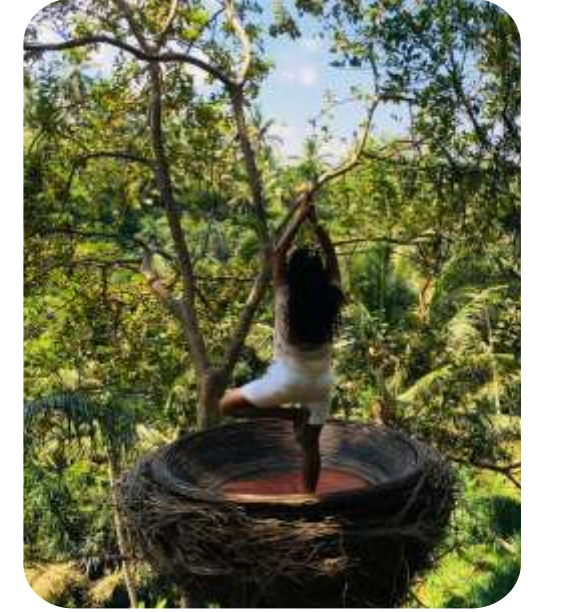
Stories galore!

Our Café is also a central point of the community and guests to share space, learnings and stories or just have sumptuous preparations and unwind





FESTIVALS & RETREATS



युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥

*Yoga can help attain salvation for the one who is disciplined
in his / her work, food and recreation*

Dhunn - Find your Rhythm

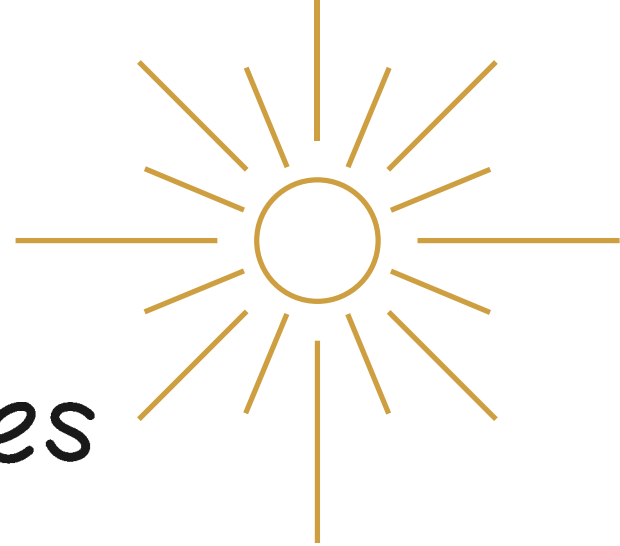


DHUNN © is our wellness festival where we bring together an interesting select mix of yoga styles and teachers, immersions and healing experiences from around the world

It has grown to become a weekend that our community keenly awaits to celebrate Body, Mind and Soul

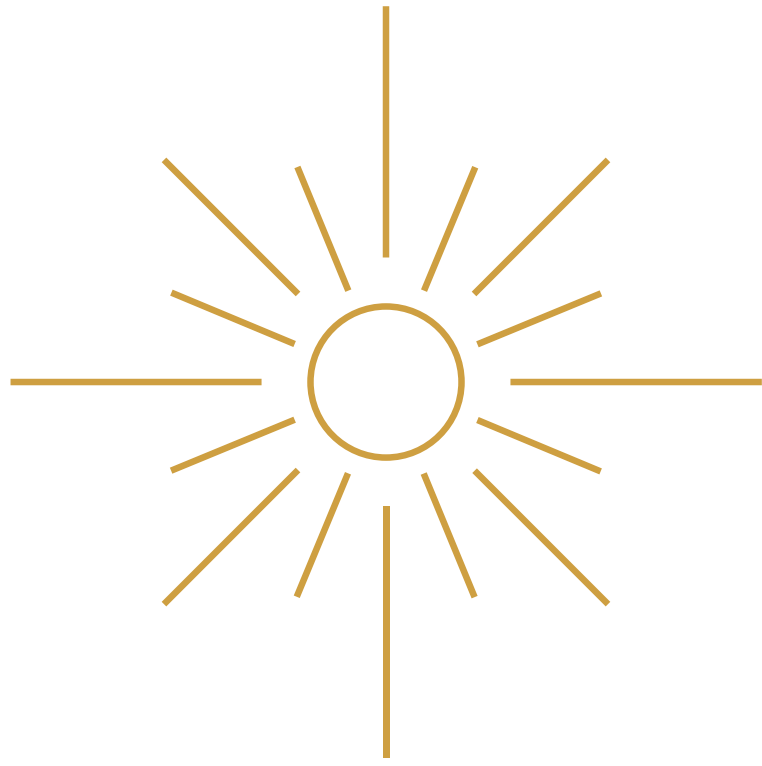


New places New experiences New connections



With the world opening and travel becoming easier we look forward to spreading the joy by taking it to new places





PRODUCTS

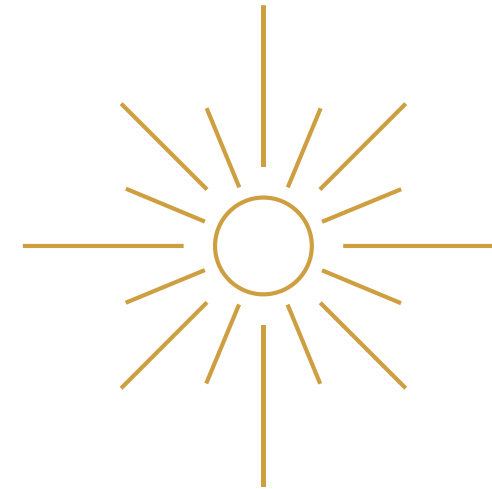
Selection of high quality natural
yoga and wellness products

We also aim is to provide a
platform to artisans from less
privileged communities



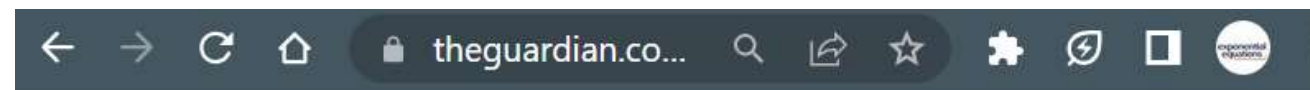
Collaborations & recognitions

Let's lift each other up!



Consistently recognized as one of the best yoga places in India

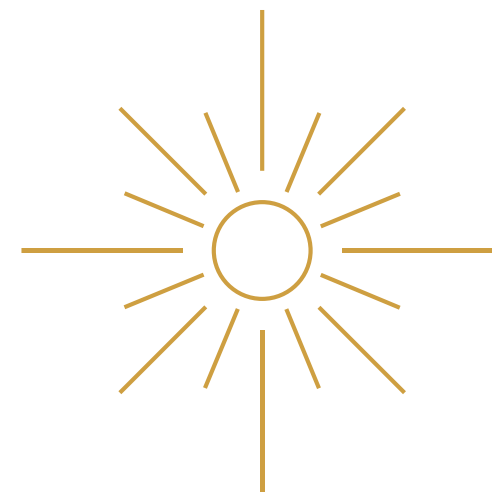
“Top 10 yoga places in India”
Jun, 2016, The Guardian, UK



A modern, bright and welcoming space in the lively Mumbai neighbourhood of Bandra, which seeks to link traditional Indian knowledge and practice with a contemporary health-conscious lifestyle. If you're coming from, say, London or New York, or are desperate to discover “the real India” (whatever that might be) it could feel a little too close to home, but you'd be foolish to dismiss this place. The Yoga House is a sanctuary, the teaching is first-rate, and the cafe food (both western and Indian vegetarian) is exceptional. What's more, they recently opened a new shala and boutique hotel in Varanasi, that most holy of Indian cities. Styles (for beginner and advanced) include Hatha Vinyasa, Iyengar and Ashtanga. Daily drop-ins and monthly class passes are available. They also run retreats around the country.

● *In Mumbai, drop-in classes £7 or £42 for an eight-class pass; no accommodation. In Varanasi (open Oct-March), £5 for a yoga class; rooms £28-35 per night including breakfast.*

yogahouse.in



“Best yoga retreats in India”
Mar, 2023, The Times



THE  TIMES

View Today's edition

T TIMES Travel

10. Yoga House, Mumbai

Best for modern yogis

Mumbai might not be the first place you'd think of for a yoga retreat. But this gorgeous jade-toned pad in Bandra, which seamlessly combines a true grasp of yogic principles with a more contemporary attitude towards life, is a non-negotiable stop in the city. The teaching is world-class whether you study hatha vinyasa, iyengar or ashtanga. The little café on-site has some of the tastiest healthy food around and your fellow yogis are the types you'd want to sip matcha lattes with. Yoga House also runs retreats in locations including [Goa](#) and Varanasi.

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Humbled and grateful

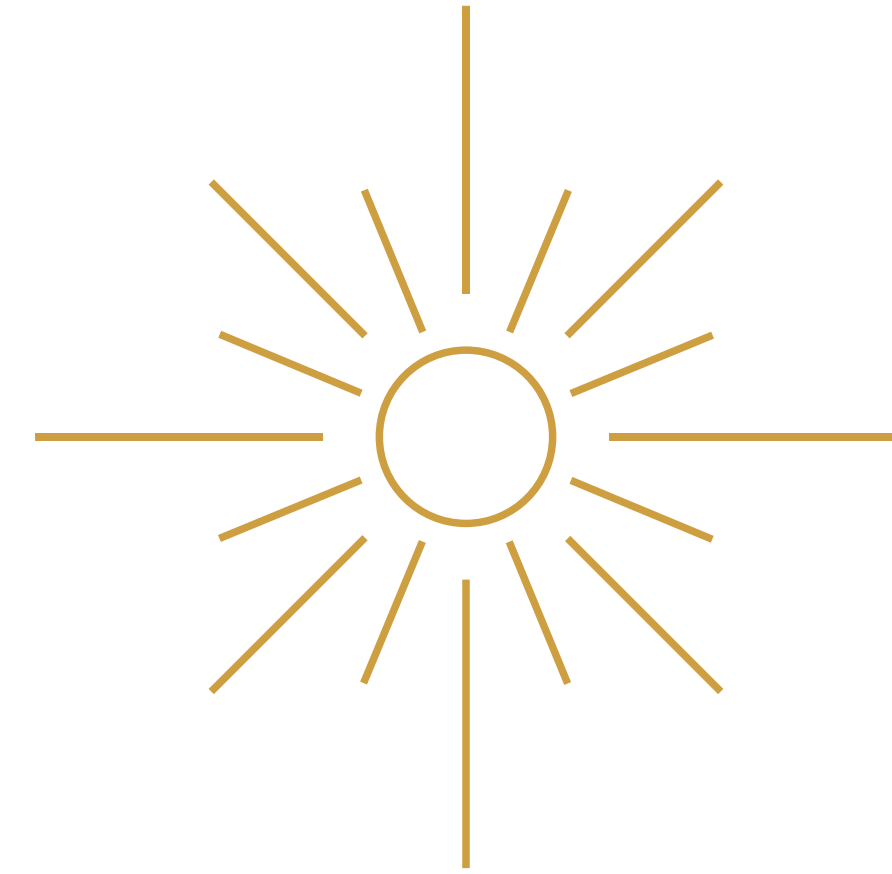
We are in gratitude for the love of our community that allowed us to stay strong even in times of uncertainty and continue our journey with renewed vigor

The love is also reflected in recognition of The Yoga House by reputed publications.

Recently TYH Café was selected as Best Health Café by Times Food & Nightlife Awards and Iconic café in Health category by Times of India.

It has also been listed in Vogue India among the top places for breakfast, listing as top 10 restaurants in culture trip and recommendations and mentions in Lonely Planet , LBB, and many more





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