



AFFORDABLE YOGA IN BOSTON

BOSTON PUBLIC LIBRARY

West End Branch:

151 Cambridge St. Boston, MA 02114

617-523-3957

<http://www.bpl.org/branches/westend.htm>

Free chair yoga for seniors Tuesdays from 2:30-3:30pm

Fields Corners Branch:

1520 Dorchester Ave. Dorchester, MA 02212

617-436-2155

<http://www.bpl.org/branches/fields.htm>

Free Hatha yoga Tuesdays from 6:30-8pm

ATHLETA STORE (BACK BAY)

92 Newbury St. Boston, MA 02116

617-587-9830

<http://stores.athleta.net/store-4876/>

Offers free yoga classes most Mondays and Thursdays. See calendar above for details.

SOUTH BOSTON YOGA

36 W Broadway, Boston, MA 2127

(617) 315-7448

<http://southbostonyoga.net/index.html>

\$5 first class/\$6 for community class/\$12 walk-in

SWEAT AND SOUL YOGA

1032A Commonwealth Ave, 2nd Floor Boston, MA 02215

(617) 277-9642

<http://www.sweatandsoulyoga.com/>

\$5 for community class/\$10 walk-in

KARMA YOGA STUDIOS

1120 Massachusetts Ave, Harvard Square,

Cambridge, MA 02138

<http://karmayogastudios.com/>

\$7 community class/\$10 for classes before noon or after 8pm

BACK BAY YOGA

364 Boylston St. 2nd Floor Boston, MA 02116

617-375-9642

<http://www.backbayyoga.com/>

\$5 for community class (offered every day)/\$15 walk-in

SAVIN HILL YOGA

11 Pearl St. Dorchester, MA 02125

<http://savinhilllyoga.com/index.html>

\$12/class, first class is free

GALLERY 263

263 Pearl St. Cambridge, MA 02139

Email at: contact@gallery236.com,

<http://www.gallery263.com/yogaSchedule.php>

Monday and Wednesday 7:15-8:30pm yoga classes at the gallery; \$10/class

YMCA

Membership includes unlimited yoga and other group exercise classes, access to pool and gym, personal training and nutrition counseling

776 Washington St. Dorchester, MA 02124

617-436-7750

<http://www.ymcaboston.org/dorchester>

Adult membership: \$30/month

85 Martin Luther King Blvd. Roxbury, MA 02119

617-427-5300 <http://www.ymcaboston.org/roxbury>