Yoga in New Bedford, Seven Days a Week



by Michael Silvia

Yoga was founded in India as a non-competitive, no-impact, safe way to get in shape and relieve stress. It has quickly become a mainstream way of staying healthy in America with 16 million Americans including yoga in their weekly workout routines. Stars like Madonna and Oprah Winfrey swear by the benefits of yoga. New Bedford and the South Coast of Massachusetts have seen a major growth in yoga studios and independent instructors.

This article provides a list of yoga classes in the South Coast area for each day of the week. I hope it will be a "living" document and grow with inputs from our readers. It is important for you to contact the yoga instructor to ensure the class schedule is still current. Below the schedule is a list of the the yoga studios in the area ad their contact information. If you know of a yoga studio or classes please e-mail info@newbedfordguide.com so we can include them on the list. Please include details like location, time, fee and contact information and any other details you feel will be useful. Thanks to Erin Macedo and Pam Teves who were major contributors to this list!

Monday

- 7:15-8:15 am: Yoga (YMCA New Bedford) – free with YMCA membership, $7 per class for non-members.

- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins $15
- 8:15-9:15 am: Yoga (YMCA Dartmouth) – $7 per class or $55 for 10 classes.
- 4:30 – 5:45 pm: In Love and Light Yoga – Heated Flow – drop-ins $15
- 6-7:30 pm: Yoga on Union – 5 classes for $65, 10 classes for $120 and $15 for drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month



Erin Macedo showing off at Sunset Yoga at Fort Taber.

Tuesday

- 8-9 am: Yoga (YMCA Dartmouth) – $7 per class or $55 for 10 classes.
- 9:30 am: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 9:30-1045 am: In Love and Light Yoga – Gentle Hatha – drop-ins $12
- 4-5 pm: Yoga on Union – Slow Flow -Jody (starts in April) – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 5pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for

$50, or unlimited classes for $65 a month

- 5:30-6:4 5pm: In Love and Light Yoga – Gentle Hatha – drop-ins $12
- 6:30 pm: Sunset Yoga at Fort Taber. Starts 5 June, 2012. Classes are only $5 per person and will run every Tuesday night (weather permitting) rain date is always the Wednesday following.
- 6:30 pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 5:45-6:45pm – South Coast Yoga at Synergy Physical Therapy – Power Flow & Hip Hop Yoga – $5 drop-in
- 6-7:30 pm: Yoga on Union – Basics – Jonna – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 7-8 pm: Yoga (YMCA Dartmouth) – $7 per class or $55 for 10 classes.
- 7 pm: Be Yoga at Medium Studios (38 Bethel St.) – All Levels Hatha Yoga – $8 drop-in, $60 for 8 classes

Wednesday

- 6:00-7:15 am: Yoga on Union – Level 2 -Kayma – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 9-10 am: Gentle Yoga (YMCA New Bedford)
- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins $15
- 12-1 pm: Yoga (YMCA New Bedford) – free with YMCA membership, $7 per class for non-members.
- 12-12:45 pm: Power Yoga (Om Studios) – $10 fee.
- 4:30 – 5:45 pm: In Love and Light Yoga – Heated Flow – drop-ins $15
- 6:00-7:30 PpmM: Yoga on Union – Level 1/2 -Juliet – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 7:15-8:15 pm: Powerfully Peaceful Yoga (YMCA New Bedford) – free with YMCA membership, $7 per class for

non-members.

Thursday

- 5:45-7 am: In Love and Light Yoga – Heated Flow – drop-ins $15
- 6:00-7:15 am: Yoga on Union – Level 2 -Juliet – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 9-10:30 am: Yoga on Union – Level 2/3 -Juliet – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins $15
- 9:30 am: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 12-12:45 pm: Yoga on Union – LUNCH *Pay What You Can*
- 5 pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 5:45-6:45 pm – South Coast Yoga at Synergy Physical Therapy- Power Flow & Hip Hop Yoga (alternating Thursdays) – $5 drop-in
- 6:30-8 pm: Yoga on Union – HEATED Yoga -Kayma/ Guest Teacher – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 7-8 pm: Yoga (YMCA Dartmouth) – $7 per class or $55 for 10 classes.

Friday

- 8:15-9:15 am: Yoga (YMCA Dartmouth) – $7 per class or $55 for 10 classes.
- 9:30 am: YOGA 101 (Dartmouth) – $10 drop-in, 6 classes for $50, or unlimited classes for $65 a month
- 12-1 pm: Yoga (YMCA New Bedford) – free with YMCA membership, $7 per class for non-members.

- 6-7:30pm: Yoga on Union – HEATED Yoga -Juliet – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.

Saturday

- 8-9:15 am: Yoga on Union – Level 2 -Juliet – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 9 am: Be Yoga at Medium Studios (38 Bethel St.) – All Levels Hatha Yoga – $8 drop-in, $60 for 8 classes
- 9-10:15 am: In Love and Light Yoga – Heated Flow – drop-ins $15
- 9:30-11 am: Yoga on Union – Level 2 -Jonna – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 10:45 am – 12 pm: In Love and Light Yoga – Absolute Beginner's Hatha Series (warm) – drop-ins $12

Sunday

- 8-9 am: Sunrise Yoga at Wing's Court (Om Studios) – $10 fee.
- 8-9:30 am: In Love and Light Yoga – Heated Hatha – drop-ins $15
- 10-11:30 am: In Love and Light Yoga – Heated Flow – drop-ins $15
- 11 am-12:30 pm: Yoga on Union – Level 1/2 -Angela – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins.
- 11:30 am: Powerfully Peaceful Yoga (YMCA New Bedford) – free with YMCA membership, $7 per class for non-members.

New Bedford Yoga Studios

- **Yoga Kids Inc. of New Bedford** – http://yogakidsinc.org/, e-mail: tidon3@comcast.net, phone: (508) 748-2025
- **Om Studios** – NewBedfordYoga.com, 752 Purchase Street, e-mail: info@newbedfordyoga.com, phone: 774-202-1189
- **Yoga on Union** – Yogaonunion.blogspot.com, Corner of Johnny Cake Hill & Union St, e-mail:

yogaonunion@gmail.com, phone: 508-858-6786, 508-207-3966 – 5 classes for $65, 10 classes for $120 and $15 for Drop-ins, UMD & BCC $10 drop-in rate w/ student ID

- **Be Yoga** – beyoubeyoga.com – e-mail: jdowning@beyoubeyoga.com, phone: 508-728-8432 – $8 drop-in, $60 for 8 classes – Class cards must be used within ten weeks of purchase and can be used at any regularly scheduled class/location.
- **In Love and Light Yoga** – inloveandlightyoga.com, 1890 Acushnet Ave, phone: 508-998-2273 – drop ins $12, Heated Classes $15
- **New Bedford YMCA** – ymcasouthcoast.org, 25 South Water Street, phone: 508.997.0734 – free with YMCA membership, $7 per class for non-members.
- **Work Out World (WOW)** – http://www.wowhealthclubs.com/newbedford/, 1024 Kings Highway, phone: 1-888-2-WOW-FREE, e-mail: wownewbedford@hotmail.com

Other local Yoga Studios or Places that offer Yoga

- HOPE Yoga – Dartmouth, MA
- YOGA 101 – Dartmouth (106 State Road)
- Marion Yoga Loft
- The Yoga Studio: Mattapoisett
- Mia’s Yoga Cellar: Dartmouth
- Center for Holistic Arts: Acushnet
- Devine Power Yoga: Fall River
- Yoga With A Twist – 166 Main Street, Acushnet, MA – (508) 995-8652