

# Yoku. Yoga Studio

We are the most popular yoga studio in town. Rated by more than 1000+ customers

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What keep pushing  
us

# Clear Mind

# & Body

Modern yoga consists of a range of techniques including asanas (postures) and meditation derived from some of the philosophies, teachings and practices of the Yoga school.

Some versions of modern yoga contain reworkings of the ancient spiritual tradition, and practices vary from wholly secular, for exercise and relaxation, through.





# Our Classes

A meditative means of discovering dysfunctional perception and cognition, as well as overcoming it to release any suffering, find inner peace and saivation.

## Hot Yoga

With Jessica Pena

## Aerial Yoga

With Jessica Pena

## Meditation Yoga

With Jessica Pena

## Vinyasa Yoga

With Jessica Pena

## Pure Alignment

With Jessica Pena

## Basic Yoga

With Jessica Pena

[Check Timetable](#)

[About Our School](#) \_\_\_\_\_

# How we become Yoku

Modern yoga consists of a range of techniques including asanas (postures) and meditation derived from some of the philosophies, teachings and practices of the Yoga school, which is one of the six schools of traditional Hindu philosophies, and organised into a wide variety of schools and denominations. It has been described by Elizabeth

has been described by Elizabeth de Michelis as having four types, namely: Modern Psychosomatic Yoga, as in The Yoga Institute.

[Meet Instructors](#)

## Many Styles

20+ Styles of Yoga Workout and Mediatation that suit everyone

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## Pro Instructors

Professional Yoga Instructors

from around the world

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## Quality Content

All Our Classes are Well Planned  
by Professional Yoga Instructors

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## Our Instructors

A meditative means of discovering  
dysfunctional perception and  
cognition, as well as overcoming it  
to release any suffering, find inner  
peace and salvation.

**Madison Diaz**

# Testimonial

What people say about us

The Yoga Yajnavalkya is another early text on yoga that provides description of Yoga techniques and its benefits. Two of its Sanskrit palm-leaf manuscripts have been dated, one is from the early 10th-century CE and another more firmly

**JOHN SMITH**

Customer

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# Contact Us

Please fill the form on the right side or use contact information below.

 1800-2344-2345

 [contact@yokuyoga.co](mailto:contact@yokuyoga.co)

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**Mon – Fri : 12.00 – 20:00 / Sat –  
Sun : 09:00 – 15:00**

1810 Kings Way  
King Street, 5th Avenue, Miami

Full Name\*

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Phone\*

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Email\*

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Subject\*

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Message\*

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