

# Health, Sport & Beauty

## YOGA

### Bikram Yoga



The original hot yoga, Bikram Yoga seeks to help customers rediscover their potential by relaxing their minds and restoring their strength. Careful attention to details such as a carpeted studio to prevent slipping and strained muscles in class, anti-mould, mildew and bacterial floor coverings, and encouraging instructors who inject humour into each class make Bikram Yoga a cosy, pleasant place to practice.

- 252 North Bridge Road, #02-14, Raffles City Shopping Centre, Singapore 179103
- Tel: +65 6339 6639
- Fax: +65 6339 0939
- Email: [info@bikramyoga.com.sg](mailto:info@bikramyoga.com.sg)
- Website: [www.bikramyoga.com.sg](http://www.bikramyoga.com.sg)
- Opening Hours: 6am – 10pm, Mon to Thurs; 6am – 9pm, Fri; 7.30am – 7pm, Sat; 8.30am – 7pm, Sun

### True Yoga

The largest premier yoga centre in Singapore, True Yoga boasts of having yoga masters with at least 10 years of experience to give customers the best training possible. With minimalist studios, a plush relaxation lounge, juice bar, luxurious VIP Black Card Lounge with OSIM massage chairs and even a retail corner stocking True Yoga apparel, one can expect a tranquil oasis to unwind and train at True Yoga.

- 9 Scotts Road, #04-01/#06-01, Pacific Plaza, Singapore 228210
- Tel: +65 6733 9555
- Fax: +65 6836 9115
- Website: [www.trueyoga.com.sg](http://www.trueyoga.com.sg)
- Opening Hours: 7am to 11pm, Daily

### Pure Yoga



Pure Yoga is devoted towards creating a sanctuary of strength and spirit for its customers. This, it does well at the Ngee Ann City studio. Offering over 30 different yoga styles from pre-natal yoga to kids yoga, you will definitely find a style that suits your current needs and abilities. Little touches like a 4,000 sqft ladies changing room and panoramic views make exercising at Pure Yoga pure bliss!

- 391A Orchard Road, #18-00, Ngee Ann City Tower A, Singapore 238873
- Tel: +65 6586 8473/ +65 6304 2253
- Fax: +65 6733 9878
- Website: [www.pureyoga.com](http://www.pureyoga.com)
- Opening Hours: 6.30am – 11pm, Mon to Fri; 8am – 8pm, Sat, Sun, Eve of PH and PH