



GREAT ROOMS

A few of the most beautiful yoga and Pilates studios in Texas.

by EMILY FEINSTEIN

These days it seems like yoga and Pilates studios are ubiquitous, many possessing a uniform appearance: hardwood floors and mirrors on the wall...and that's about it. Perhaps function is the main priority for these studio owners, but they might discover that a beautiful and authentic atmosphere gains a larger and more loyal following. We searched the state for some of the most gorgeous studio spaces and these five made the cut.

▲ TRIO LIFE FITNESS, Austin

The studio, nestled in the Bee Cave/Lakeway area, was designed by owner Mardee Calkins, who employed the art of Feng Shui in designing the space. The yoga room showcases a Brazilian Tigerwood floor with two mahogany-stained yoga walls. "If you've never seen a yoga wall, it's architecturally a stunning feature," Calkins said. The most popular class utilizes the "trio" concept, incorporating segments of yoga, Pilates and spin. The Pilates and spin rooms display graphic murals with energizing colors. "It's subtle, but it's all meant to be very grounding and make the workout feel almost spa-like," Calkins said. triofitness.net



◀ CLASSIC PILATES, Dallas

This boutique studio is situated in a low-rise building in Uptown, across from the vibrantly green Lee Park. Rachael Lieck Bryce and her business partner, Joann Cuccurullo, chose the space primarily because of the floor-to-ceiling windows that provide gorgeous natural light. "Many times, people will walk into our studio and feel like it's a tree house," Lieck Bryce said. The studio is bright with light wood floors and iridescent white walls. "It has a warm feel, it's lightly industrial and contemporary, but still maintaining warmth," she added. "When you walk into our studio, we really want it to feel like it's another home." classicpilatesstudio.com



▲ PURE BODY STUDIO, Houston

Located in the Bellaire/West University neighborhood, this studio was designed by owner Heather Erdmann to encourage mindfulness. She selected a light bamboo wood floor and a subtle array of whites to exude a warm calming effect. Up front, the frosted windows provide privacy and diffuse the natural light. The industrial, exposed ceiling offsets elegant drum pendant light fixtures that emanate a soft glow. The purposeful omission of mirrors on the mat side helps to encourage clients to look within. “We want people to feel calm and (know) that they can come as they are,” Erdmann said. “This is about how you feel on the inside, not about how you look or feel on the outside, and we tried to match the environment with that.” purebodystudio.com



▲ RETREAT IN THE PINES, Mineola

Escape for a weekend-long yoga retreat deep in the pine forests of East Texas, where owner Theresa Polley has created a little piece of heaven for yogis. The land hosts an aspen log cabin featuring a 500-square-foot yoga studio with French doors that open to a meditation deck. The studio floor is made of bamboo, while the walls and ceiling are aspen wood. Depending on weather, clients might even practice in the middle of the forest. “It’s nice when you look up at the blue sky and the pine trees,” Polley said. “I believe nature is healing, and soaking in all those colors as you’re doing yoga is like a double dose of serenity.” retreatinthepines.com



◀ SOUTHTOWN YOGA LOFT, San Antonio

This edgy space sits in the Arts District, near downtown San Antonio. Owner Kristal Cuevas knew that using it for yoga space would give off a homey vibe. The space features dark wooden floors, several windows, and exposed brick and beams, feeling as much like a New York- or Chicago-style loft as one set in the heart of the River City. Cuevas wanted a space of serenity—a sanctuary away from downtown’s hustle and bustle. “You have time to yourself and can reflect and breathe and move without any obligation or responsibilities,” Cuevas said, emphasizing what she feels is the main aspect of her studio that sets it apart — a sense of community. “It’s not my space, it’s all of our space, and that’s what’s special.” southtownyogaloft.com

Trio Life Fitness photo courtesy of Allison Cartwright of Twist Tours

Pure Body photo courtesy of Emily Feinstein

Southtown Yoga Loft photo courtesy of Elizabeth Chavez