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Bikram Yoga Baltimore Opens in Harbor East

Friday, April 9th, Bikram Yoga Baltimore celebrated the opening of their second studio in the illustrious Harbor East market. The new 3,000 square foot yoga center is located in the Bagby Building annex and is accessible from the courtyard on Fleet Street.

More than \$90,000 in capital improvements were made to the space including a massage therapy room, a 1,500 square foot yoga studio, bathroom and shower facilities, and HVAC upgrades to maintain the 105° temperature required for “hot” or Bikram Yoga.

Famous for its miraculous healing ability, the unique discipline is practiced in 90 minute sessions in a heated room allowing deep muscle penetration that eliminates risk of injury. The copyrighted sequence of 26 postures and two breathing exercises is done in specific order, systematically working every muscle, tendon, joint, ligament, internal organ, and gland, while moving oxygenated blood to 100% of the body and building strength, balance, and flexibility.

Classes, which are open to first time students, are designed to meet a wide range of yoga expertise and can be scheduled online at www.bikramyogabaltimore.com.

“The Bagby Building, located in the established Harbor East retail market, is an ideal site for the studio” said John Schultz, a Senior Real Estate Advisor with MacKenzie Retail, LLC who represented the firm in the transaction. “It has excellent frontage, abundant parking, a synergistic retail mix including grocers, stores, and restaurants, and a large day and night time population that will allow Bikram to expand their membership,” he added.

“Working with John was great,” said Emily Garner, an owner and instructor at Bikram Yoga Baltimore. “His knowledge of the Maryland retail market helped us identify a perfect location and his assistance with lease negotiation was indispensable. John is professional, quick to respond, and always on the ball.”

Bikram Yoga Baltimore, which also operates a Yoga Center in Cockeysville, will employ four to six associates at the Harbor East location.

For more information on Bikram Yoga Baltimore, please visit www.bikramyogabaltimore.com. To learn more about tenant representation services, available at no cost, please visit www.mackenziecommercial.com or contact John Schultz at 410.494.4894 or jshultz@mackenziecommercial.com.

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Lutherville-based MacKenzie Commercial Real Estate Services, LLC provides a full range of commercial real estate services, including leasing and sales, tenant and landlord advisory services, corporate consulting, commercial and residential development, general construction, property and asset management, market research, and debt and equity capital placement. With offices strategically located throughout the State of Maryland and 140 employees, MacKenzie is one of the largest commercial real estate service firms in Maryland.

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