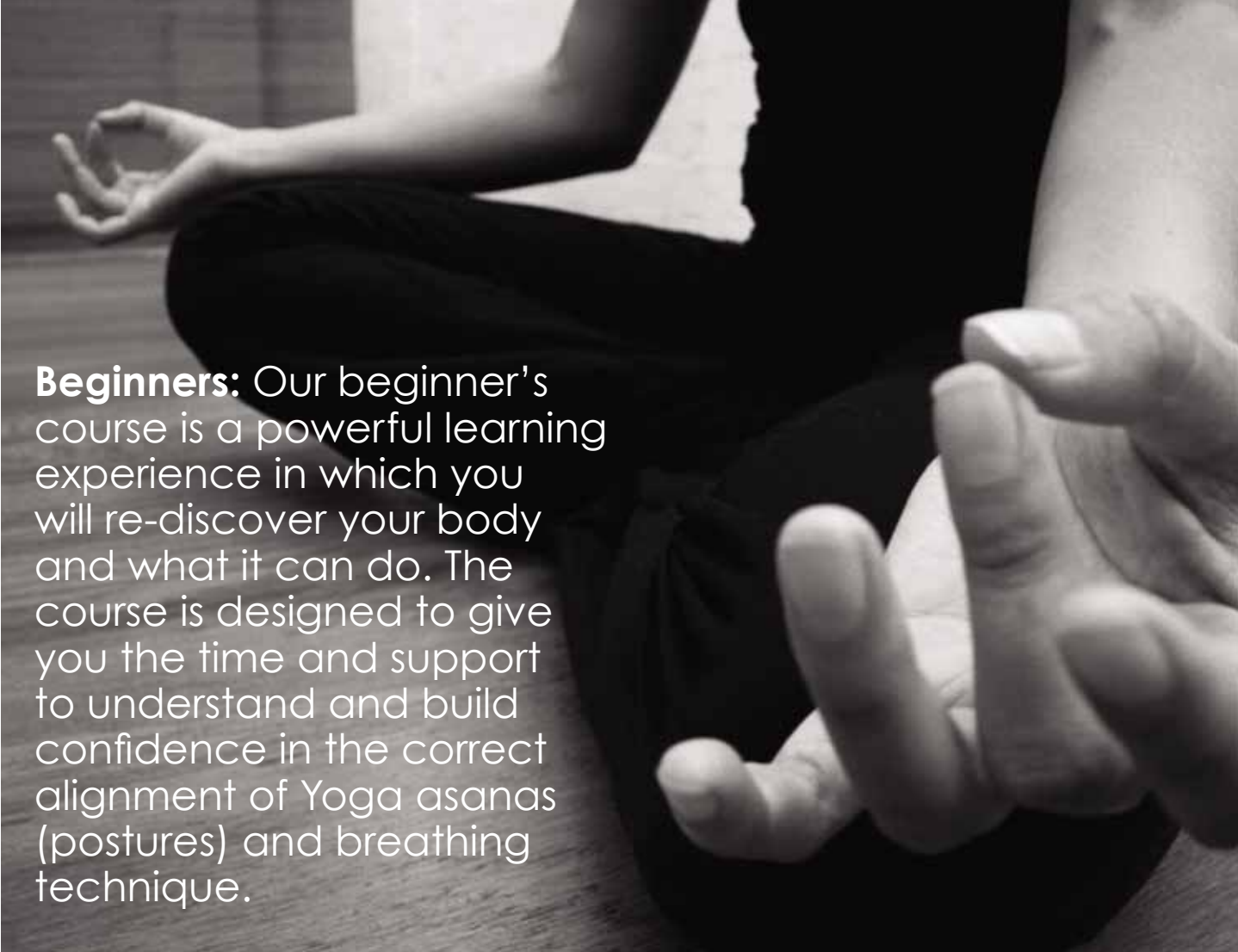


discover yogga

10 WEEK COURSE STARTS 4 FEBRUARY | 7:30PM



Beginners: Our beginner's course is a powerful learning experience in which you will re-discover your body and what it can do. The course is designed to give you the time and support to understand and build confidence in the correct alignment of Yoga asanas (postures) and breathing technique.

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