

Santosha Yoga

Hatha Yoga for renewal and growth. Asana within the breath. Your yoga.

I have been teaching since 2010, inspired by my teachers Mark Whitwell, Gail Baty (IYTA) and Shanti Gowans.

Lyttelton Tuesday 7.45pm to 9pm. Hatha yoga and Yoga Nidra. *This class is full but you can join the waiting list or request a private lesson.