**Who we are**

Home Yoga is a place to assist you on your personal journey to happiness and health. We believe that everything happens for a reason and welcome you to this site. We look forward to providing you with access to some of Sydney’s most passionate teachers as well as giving encouragement and guidance via our Blog and Resources page to help deepen your home yoga practice.

**What we do**

We put you in touch with suitable teachers who are able to meet you where you are at. Large yoga classrooms are, at best, unsuitable for many students and may even lead to injury. We all have different body types; different areas of strength and weakness; different goals. Our knowledgeable teachers are able to meet your needs by visiting you in your home or workplace. We listen to you and then work to assist you to reach your goal. Anything is possible; the first step is believe that it’s possible. Whatever stage of your journey you are on there is a HomeYoga teacher ready to support you.

**How we do it**

We profile trusted local teachers and have a clear and fair payment scale so you know your commitment up front. All teachers on Home Yoga are registered with appropriate insurance.

**Testimonials** – coming soon...