

What we offer

We offer a variety of classes, workshops and training's, from your classical Hatha, Power yoga, Pranayama, Restorative, Gentle, Beginner practices to more specialized classes such as Trauma Informed Yoga, Prenatal Yoga, Realignment Yoga, Chair Yoga, Meditation classes and our Teacher Training Program. We also offer group lessons in English and Dutch.

GROUP CLASSES YOGA

We offer yoga group classes for all levels and for all goals. The class would be tailored to your needs . We have small , so we can get to know each individual and create a class or plan specifically for you. Please get in touch for any further questions.