



## TRIAL PASS

ONLINE - 7 Days on Unlimited Yoga for FREE

IN STUDIO - 14 Days of Unlimited Yoga for 20£

[Sign Up Now](#)

### WELLBEING

Discover the power of yoga for your wellbeing. Our expert instructors guide you through a series of gentle poses and breathing exercises designed to reduce stress, improve circulation, and promote overall health. Perfect for beginners and those looking to deepen their practice.



### BALANCE

Enhance your balance and stability with our specialized yoga classes. Through a combination of standing poses, core strengthening, and mindful movement, you'll build a strong foundation for all your yoga practices. Ideal for improving posture and preventing injuries.



### DEVELOPMENT

Take your yoga practice to the next level with our advanced development classes. These sessions focus on challenging asanas, intricate sequences, and deep meditation techniques to foster spiritual growth and personal transformation.

## YOGA IS FOR EVERYONE

At Domus Yoga, we believe that everyone has the potential to experience the transformative benefits of yoga. Whether you're a seasoned practitioner or a complete beginner, our diverse range of classes is tailored to meet your individual needs and goals. Join our community today and discover the joy and strength of yoga for yourself. We offer flexible scheduling, including online sessions for those who prefer practicing from home, and in-studio classes for those who enjoy a supportive group environment. Our experienced instructors provide personalized guidance and modifications to ensure that every participant can safely and effectively engage in their practice. Embrace the journey of self-discovery and wellness with Domus Yoga.

## YOGA ON DEMAND

Access our library of over 50+ on-demand yoga videos anytime, anywhere.

Choose from a variety of styles including Vinyasa, Hatha, and Restorative Yoga, all designed to fit your schedule and fitness level.

[Learn More](#)

## MEET OUR TEAM

[Explore](#)

### ABOUT US

Domus Yoga is a leading provider of high-quality yoga instruction and wellness services. Founded by a team of passionate yoga enthusiasts, we are committed to creating a supportive and inclusive environment for all our members. Our mission is to empower individuals through the practice of yoga, fostering physical, mental, and emotional well-being. We offer a wide range of classes, from beginner-friendly sessions to advanced workshops, ensuring that everyone can find a practice that resonates with them. Join us today and embark on your journey to a healthier, happier you.

### OUR CLASSES

[In-Studio](#)  
[Online](#)

### CONTACT

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