

Stretch yourself at the Secret Yoga Supper Club



If the idea of doing an intimate yoga class in a clandestine location followed by dinner with your fellow stretchers sounds like your ideal evening, clear your diary: the Secret Yoga Club is back next Monday and Tuesday at Oval Space in Bethnal Green. I went down to the last incarnation held in an incredible [Fournier Street Townhouse](#) and it was a delight. I'm no yoga guru by any means but managed to just about keep up thanks to the lovely teacher and organiser Gabby. As we chilled out at the end of the class, we were serenaded by an acoustic set from [Robbie Boyd](#) before being treated to a great meal by [Nina Parker](#).



This time round, there will be a yoga class followed by a 'gong bath' on Monday (which apparently helps you recharge through the vibrations!) and some opera on Tuesday from [Gabrielle Cooke](#). After that, you'll have a fine vegan supper and feel impressively chilled out, more flexible, slightly smug (see photo of me above) and extremely healthy. Health is wealth, after all. *Sonya Barber*

Book now at secretyogaclub.com.

