

SUITABLE FOR ALL

Whether you're a seasoned Yogi or next practiced before.

LEVEL 1

Building on our Yoga foundations, lots of cues and alignment guides. Suitable for all, perfect for beginners.

LEVEL 2

You know your Downward Dog from your Upward Dog.

LEVEL 3

Comfortable in a L2 class and want to explore your limits further. Working on more challenging poses.

