

March 17, 2020

Sorry to all yogis that would love to do a yoga class in our properly heated infra-red environment. Due to the Corona we simply cannot do classes right now. For those of you with a 'membership' you will not lose any days- you are now on HOLD.

The moment that we can resume classes then you will know. In the meantime please do go to Youtube and find a "hatha yoga" class and enjoy it.

We will definitely miss all of you but hope to have everything back to normal soon.

Thank you

The reception and staff.