



General Information

What to Bring

It is advisable to purchase your own yoga mat. These can be purchased in sports shops and also online. Although we do have some spare mats available we recommend that you have your own.

What to Wear

It is best to wear clothes in which you can move. Similar kit that you might wear to a gym - leggings, vests or t-shirts and shorts. No footwear or socks are required.

Cautions

If you have any medical or physical issues, please contact us directly before you attend any classes. In this way we can insure that you attend the right class for your physical capacity. This also aids us to advise you of yoga postures that will be better suited for strengthening your individual practice.