

Testimonials

'Thank you for some wonderful lessons. I have a stressful job and your lessons have really helped to relieve the pressure.'

'Just a quick note to say thank you for all your help and advice on yoga during my pregnancy..... I have thoroughly enjoyed your classes and found them to be very helpful.'

'I would really like to say how much I am enjoying the classes. I came a couple of times some years ago but then was unable to attend due to work commitments but now they really are a highlight of my week. And I know the two women I come with feel the same so thanks very much.'

'...just wanted to say thank you very much for everything, you are a great Yoga teacher, and I've really enjoyed your classes.'

General Information

Clothing

We practice in soft, comfortable, warm clothing with bare feet. It is best if your clothes fit closely so that I can see your body clearly.

Equipment

Mat, blocks, belt, blanket (I can provide these if required). We'll need a warm, light room at your home or workplace.

Preparation

Please do not eat a heavy meal or drink alcohol prior to yoga practice (an empty stomach is best). Plan ahead so that there are no interruptions during your session. A quiet, peaceful environment helps us to listen to our body and breath.

Private tuition

Individual class from £50
Group class from £60
(depending upon numbers and travel time involved)

Classes are 1 hour 15 minutes

Cancellation Policy

Please give at least 24 hours notice of cancellation, otherwise the full class fee is payable.

For details of open community classes see
www.guildfordyoga.co.uk

Personal Yoga Training



Yoga is an ancient, holistic practice that improves physical and mental health so ensuring fitness for life.

Everything that gets worse with age, gets better with yoga.

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