

# Hatha Yoga 1-to-1 tuition in your own home.



Location **Scotland, Inverness-Shire**  
<https://www.freeadsz.co.uk/x-239888-z>

I am experienced teacher just relocated in Muir of Ord and I offer Hatha Yoga classes in the comfort of your own home.

The word hatha means willful or forceful. Hatha Yoga refers to a set of physical exercises (known as asanas) and sequences of asanas, designed to align your skin, muscles, and bones. This sequences are easily adaptable to all physical levels and ages.

Give yourself a break and enjoy looking after your body and mind. Or why not spend quality time with your friends and family through this healthy and relaxing activity?

Service offered in the area of: Muir of Ord, Beauly, Inverness, Marybank, Urray, Windhill, Conon Bridge, Maryburgh, Dingwall. ( If you are a group of 3 or more I can also travel to another area)

Price: £10/hour one-to-one lessons  
 £7/hour(per person) for group of 2 or more people.  
 £5/hour (per person) for group of 5 or.



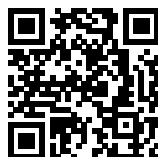
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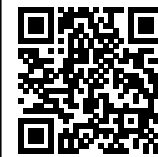
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