

One to One Personal Yoga Teacher



Location

North, Northumberland

<https://www.freeadsz.co.uk/x-511629-z>



Sarah Mac Yoga offers one to one and small group personalised yoga classes throughout the north east and Northumberland. One to one yoga is perfect if you feel uncomfortable or are too busy to join a class. Sarah had over 19yrs of yoga experience and has been teaching yoga for 5yrs. Sarah Mac Yoga offers a range of yoga including Hatha, Yin, pre-post natal, therapy yoga, meditation, mindfulness and yoga high intensity cardio.

Sarah Mac Yoga will plan a programme that is unique to your specific needs wether it is general flexibility, recovery, fitness or relaxation.

Prices are on an hourly basis with reductions for block.



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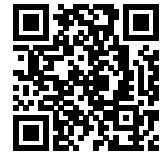
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