

Private Yoga Teacher



Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-547279-z>



I am a fully qualified yoga teacher and would like to offer private lessons to those who are keen to begin or improve their yoga practice.

If you have never tried yoga and always feel a bit shy going to a class then I will be able to help you learn correct alignment for basic moves and progress to more advanced moves over time. Or maybe you have been going to yoga for a while but feel like you're stuck and not progressing the way you want to.

I offer excellent adjustments to improve your flexibility and routines to increase your strength and stamina! I am calm and patient and will help you achieve your personal fitness goals in yoga. Yoga will not only improve your physique but also your mental health and leave you (hopefully) wanting to do it on a regular basis!

I am based in Clapham and prefer to offer my service nearby. I charge £20 per hour for one person and £30 for two people.

If you have any further questions please do not hesitate to send me an. :-)



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