



Having not done Yoga for many years I was pretty nervous about how it would go; could I bend enough, is it too much for the mind? But it was perfect. Completely relaxing and at a pace that suited all the levels of experience there! Left me relaxed and clear minded for many days afterwards. Highly highly recommended!

Maruho 🏠 Timothy Berlet , Canada

A Ri Ga To, Tim san 🎵