

## Welcome to Krishna Yoga in Cyprus

Krishna Yoga has studios on Dhekelia Road, Oroklini in Cyprus. We teach only 6 to 7 people at a time, of the same level, so beginners won't feel intimidated

by more advanced students. Classes are taught in London by Anjali Rajkumar and in Cyprus by Asha Khagram. Anjali is a qualified Physiotherapist as well as a qualified Yoga teacher with six years of teaching experience.

Asha has been practicing yoga since 1986

and teaching since 1994. Mats, blocks and belts are provided. As well as weekly classes, Krishna yoga also organizes yoga retreats 4 times a year.

Krishna Yoga features :

- Small groups
- Friendly teaching
- All levels
- Single lessons or courses available
- Courses tailored to your needs
- Yoga Retreats :
  - We regularly organize trips abroad offering a delightful mix of yoga lessons, opportunities for self-practice and time just to relax and enjoy the surroundings
  - Retreats last between 7 and 10 nights away
  - All inclusive price (flights, transfers, full-board)
  - Retreats are usually based in 3\*, 4\* or 5\* hotels with spa and swimming facilities