

## Krishna Yoga in London

The studio is located on the Thames in Surbiton Krishna yoga teaches 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 by Anjali Rajkumar.

Anjali is a qualified Physiotherapist as well as a qualified Yoga teacher with six years of teaching experience. 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