

Yoga Zone



Phone: +27(21) 421 8136

We have 2 yoga rooms for both heated and unheated yoga classes, workshops and trainings.

We continue our specialised heated Vinyasa and Bikram classes and now include a broader spectrum of yoga styles and formats.

See our schedule page for full program
Come well-hydrated, not on a full stomach
and with an open mind
No previous experience is required
All ages and body types are welcome
All classes accommodate beginners
yoga Try a variety of yoga classes and styles
Most of all - take it easy your first few classes and enjoy

Email: studio@yogazone.co.za

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