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 programCome well-hydrated, not on a full stomach and with an open mindNo previous experience is requiredAll ages and body types are welcomeAll classes accommodate beginners yogaTry a variety of yoga classes and stylesMost of all – take it easy your first few classes and enjoy

Email: studio@yogazone.co.za

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