

Private or small group classes



Private classes enable us to get the maximum benefit from our practice as well as explore yoga posture and science in greater depth.

It also allows us to work on individual areas of resistance, alignment, and practice at a time and place that suits you.

Classes can focus on hip opening, back problems, core strengthening, joint problems, stress relief, hormonal balance, menstruation disorders etc.

Private yoga classes are 7000 HUF per 90 minutes (5500 HUF per hour). Remember you can share the class with another person and split the cost.

I will make sure you will receive more attention and learn more in an hour's private class than you would in a month attending classes.