

dk yoga and counselling centre

The **dk yoga and counselling centre** specialises in breath based Hatha Yoga, a combination of classical Hatha Yoga blending teachings from T.K.V. Desikachar as taught by his father Krishnamacharya (India), The International Sivananda Vedanta Centre (Canada), and the I.Y.T.A. (Australia). We also offer meditation practices, counselling and holistic treatments. The yoga studio and adjoining garden is set in a peaceful and serene environment. The classes are small and individualised. Students are taught according to their capabilities and needs.

Small group classes and corporate classes are available.

One on one tuition (yoga therapy) - these are private sessions to create a personalised home practice.

General classes - all levels

Pregnancy classes

Post natal with babies

Children's Yoga (5 - 6yrs)

Children's Yoga (7 - 9yrs)

Pre+ teen's Yoga (10 - 15yrs)

Yoga has been taught for over 3000 years and is one of the oldest and most comprehensive healing tools available. It covers lifestyle, yoga postures, breathing techniques, meditation, Ayurvedic, principles, relaxation techniques and philosophy, accessible to every one of all ages.