**Online yoga classes**

Online yoga classes are a good alternative if you are unable to get to face to face classes for whatever reason.

It allows you to practice from the comfort of your own home or someone else’s home (some students have joined online classes from their hotel room whilst they have been on holiday).

If you live a long way from family and friends you can all meet online and enjoy a yoga class together.

The class sizes are kept small so that I can still give individual attention and guidance and they consist of the same movements, breathing and relaxation practices as an in person class.

There is greater flexibility to pay as you go with these classes as well or to use them to top up your practice if you miss one your usual class.