

Holiday Hours



24TH - 26TH DECEMBER 30TH DEC - 1ST JAN RECEPTION CLOSED RECEPTION CLOSED

CLINIC:

25TH & 26TH DECEMBER 31ST DEC & 1ST JAN CLINIC CLOSED
CLINIC CLOSED

Appointments are available on the 27–30 Dec & from 2 Jan. Check online bookings for availability.

YOGA:

24TH - 26TH DECEMBER
1ST JANUARY

YOGA STUDIO CLOSED
YOGA STUDIO CLOSED

We have special intensives and events from Dec 27. Please check our website for more information.

Love & Light