

Join Petra for weekly yoga classes at London's leading yoga studios



All of Petra's classes are alignment based and accessible to everyone from beginners to level 3.

Each class involves poses and practices to help you stretch and strengthen. Her attention to breath and mindful movement help bring you back to a state of equilibrium and balance.

MONDAYS:

8am – 9am Hot Flow at 3Tribes Studio 1 in Crouch End.

Book here:

TUESDAY'S:

6pm-7pm Vinyasa Flow level 1-2 at 3 Tribes Studio 2 in Crouch End.

Book here:

SATURDAY'S:

4.30pm – 5.45pm Yoga Open Level at Triyoga Studio in Camden Town.

Book Here:

SUNDAY'S:

10.15am-11.30am Vinyasa Flow level 1-2 at Down to Earth Studio 2, Essex Road, Islington.

Book here:

