

What do I need to bring to my Amala Yoga or Amala Pilates class?

Please bring a Yoga or Pilates mat and a large towel or blanket for your comfort. If you have props, for example blocks, etc., bring those too. Do wear comfortable clothes that will stretch with you, and a drink of water is always a good idea.



To book your place or for more information please contact Elaine:

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