



# Yoga

A way of Life

It is not just physical exercise.  
It is how skillfully you can communicate  
and act in every situation.  
"Yoga-sana" is a unique approach to help you take  
your first step towards your new way of life.

## Book your Yoga-sana session

<https://calendly.com/yoga-sana>

Contact - Sahana | 022 639 2173