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# Om **myyoga** & lifestyle

NOVEMBER 2019 - £4.99

## YOGA LONDON

10 amazing studios to find your flow

## Yoga and the menopause

Feeling fabulous: tips, treatments & therapies

3 myths of children's yoga teaching

Secret yoga destinations  
northern Colombia

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an insider's guide



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- OM Meets – Charlotta Martinus
- 360° Yoga - half moon pose
- Mandala Man - Cliff Barber
- Happy curries - winter recipes





# YOGA LONDON:

## STUDIO GUIDE

10 amazing yoga studios in the capital where  
you can find your flow and follow your bliss







# YOGA LONDON: STUDIO GUIDE

Where to get your yoga fix - studio directory

## **Bhuti**

50 Hill Rise, Richmond TW10 6UB (Richmond)  
**bhuti.co**

## **Fierce Grace**

Unit 1 372a Coldharbour Lane, London SW9 8PL (Brixton)

53-55 East Road, London N1 6AH (City)

First Floor, 48 Ballards Lane, London N3 2BJ (Finchley)

173-175 Queens Crescent, London NW5 4DS (Kentish Town)

260 Kilburn Lane, London W10 4BA (Kilburn)

56 Muswell Hill, London N10 3ST (Muswell Hill)

200 Regents Park Road, London NW1 8BE (Primrose Hill)  
**fiercegrace.com**

## **Hotpod Yoga**

19 Eccleston Yards, London, SW1W 9AZ (Belgravia)

40 St Matthew's Road, Brixton, London, SW2 1NL (Brixton)

13-19 Croxted Road, Unit 3, London, SE21 8SZ (Dulwich)

Arch 406, Mentmore Terrace, London, E8 3PH (Hackney)

1A Great Western Road, London, England, W9 3NW (Notting Hill)

8 Morden Road, London, SW19 3BH (Wimbledon)  
**hotpodyoga.com**

## **Joy**

27D Dalston Ln, Dalston, London E8 3DF (Dalston)  
**joy.yoga**

## **One Yoga London**

15 Myddelton Rd, Hornsey, London N8 7PY (Hornsey)  
**oneyogalondon.com**

## **Re:Centre**

Thames Wharf, Rainville Road, London, W6 9HA (Hammersmith)  
**recentre.co.uk**

## **The Lodge Space**

The Lodge, 120a Lower Rd, London SE16 2UB (Surrey Quays)  
**thelodge.space**

## **triyoga**

57 Jamestown Road, London, NW1 7DB (Camden)

372 King's Road, London, SW3 5UZ (Chelsea)

Unit 30, Dickens Yard, Longfield Avenue, Ealing, W5 2UQ (Ealing)

Unit 2, 10 Cygnet Street, London, E1 6GW (Shoreditch)

2nd Floor, Kingly Court, Soho, London, W1B 5PW (Soho)  
**triyoga.co.uk**

## **Urban Souls**

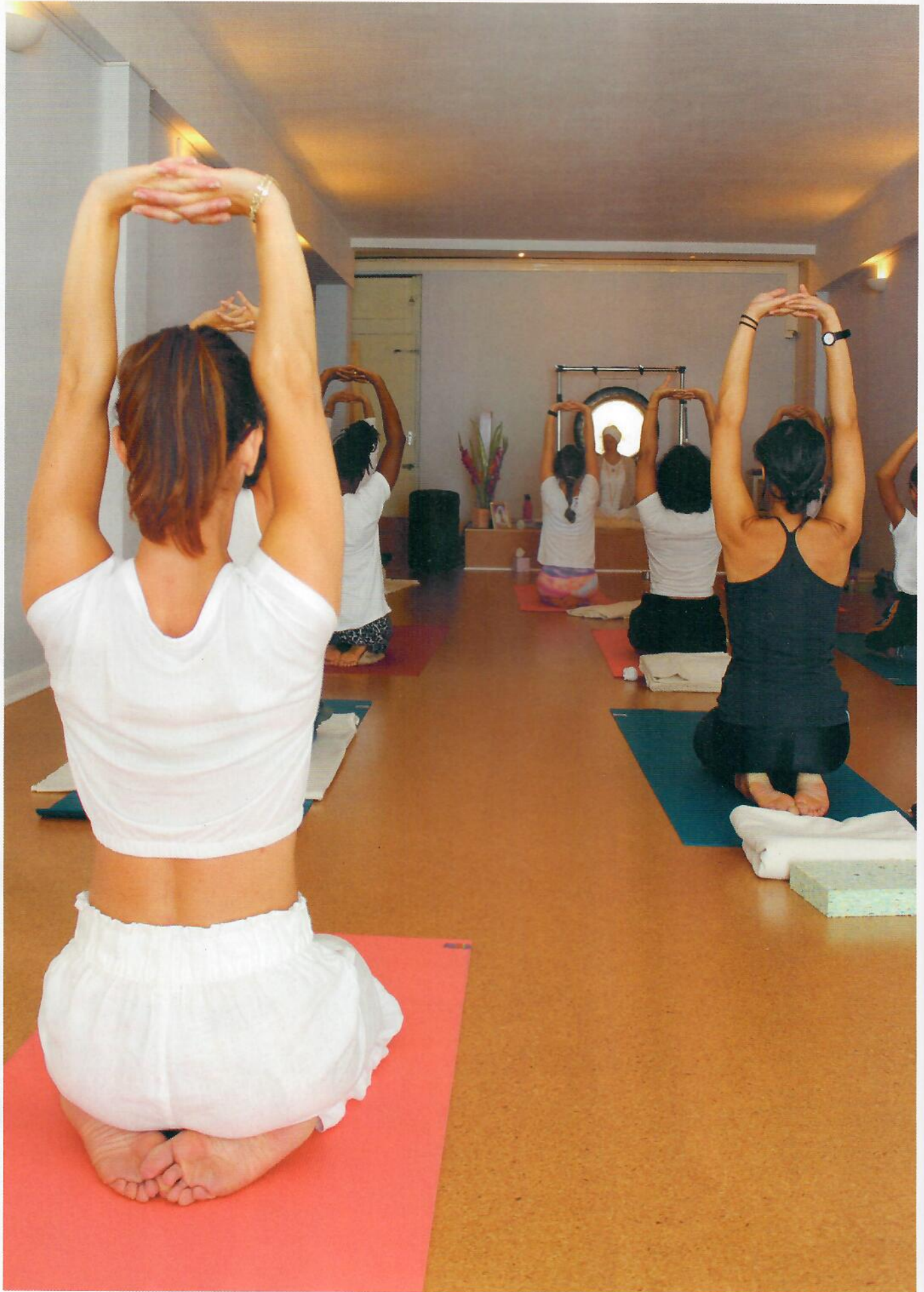
27a St Ann's Road, Notting Hill, London W11 4ST (Holland Park)  
**urbansouls.yoga**

## **Yogaloft**

3 Lonsdale Rd, Kilburn, London NW6 6RA (Queen's Park)

27 Beethoven Street, London, W10 4LG (Queen's Park)  
**yogaloftlondon.com**







# JOY

## “Happiness is your birthright” Yogi Bhajan

From the moment you enter JOY – a studio dedicated to Kundalini Yoga based in Dalston – you know you’ve left the mainstream behind. A friendly face at the reception desk welcomes you. The sound of mantras hum in the background and you might catch the soothing harmonics of the gong reverberating out from the yoga room. There’s a hint of cardamom, cinnamon, and cloves in the air as spiced yogi tea brews in the kitchen. While Kundalini Yoga can be deeply transformative, the vibe here is light-hearted, relaxed, and conducive to healing.

Nowhere in London – or indeed the UK – can you get so much Kundalini all under one roof. On the weekly schedule are classes that cater to students of all ages and abilities. Not everyone takes to Kundalini, but there’s something here for every body. In addition to ‘regular’ Kundalini Yoga classes, the weekly schedule includes Gentle Yoga, Pregnancy Yoga, Addiction Recovery, Meditation,

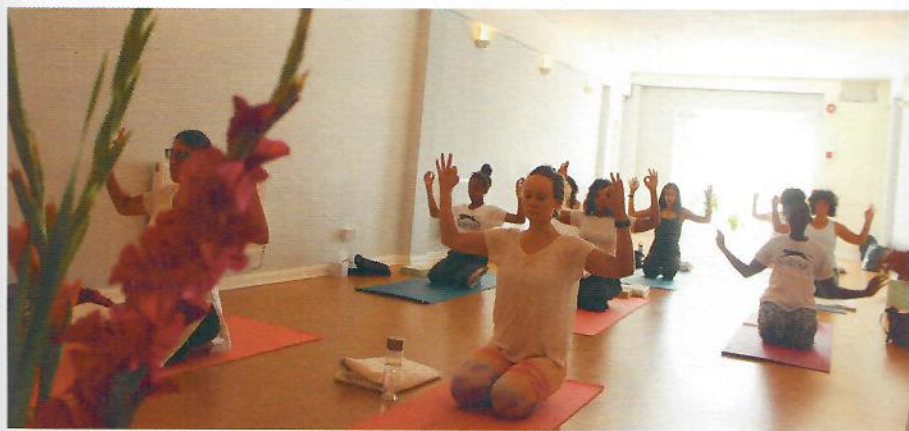
Gong and more, all of which draw from the technology of Kundalini Yoga as taught by Yogi Bhajan. The underlying philosophy is that through the practice, everyone has the potential to experience a state of ease in themselves, a state of joy.

While people come for yoga, they stay for the tea and a chat. Community is important in Kundalini Yoga. You can feel it in class. During a particularly challenging exercise, the group energy can carry you through. But after class, as you sip your yogi tea, you can kick back and compare notes with others who are also exploring a yogic path.

JOY is London’s home for Kundalini Yoga. The studio offers 50 weekly classes plus a variety of workshops, concerts, and training.

 [@kundalinilondon](https://www.instagram.com/kundalinilondon)

[joy.yoga](http://joy.yoga)



# Joy

London's home  
for Kundalini Yoga

INTRO OFFER  
£40 for 40  
DAYS



CLASSES WORKSHOPS  
TRAINING CONCERTS  
& MORE

27D Dalston Lane, E8 3DF

[info@joy.yoga](mailto:info@joy.yoga) • 020 7812 9836

[www.joy.yoga](http://www.joy.yoga)