

THE HEART OF YOGA

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The Heart of Yoga is dedicated to helping each student find their personal Yoga practice, your Yoga, beyond the commercial styles. It is important to do yoga that is right for You. It is important to do yoga that is right for You.

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Heart of Yoga Salisbury is located in the heart of our town, at 131 E Innes St, Ste 303, above the restaurant Bangkok Downtown. We have elevator and/or stairs access. Make the positive lifestyle change you've been wanting; see what Heart of Yoga Salisbury has to offer you.

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Her ability to convey complex ideas are beyond compare, she does so with a heart of kindness and joyfulness that permeates her teaching, she has the innate ability to keep on transfixed to her every word. I would attend any event she offers in the future. Anne is an amazing teacher. She has both the knowledge and a delivery style that makes it come to life! Anne Douglas is an amazing teacher

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