

Monday Group Class Testimonials

"The classes are a great introduction for anyone new to yoga. Anne promotes a relaxed, gentle pace, an encouraging, non-competitive and welcoming atmosphere."

Alizon

"After initial trepidation of being the only bloke in the class.....I wasn't. Anne takes us through a series of movements all building on the last that have improved my posture, suppleness and core strength. Dru Yoga is gradually easing away spinal inflexibility and back pain."

Mitchell