

My Ashram Yoga | Retreats & Sound Whattapp Channel



I've created a quiet separate whatsapp channel for My Ashram Yoga.

This is where I'll share:

- Early access to Sound Bath Meditations – inside the warmth of the studio and outside beneath the woodland canopy in our hammocks
- Retreat dates before public release
- Newly added classes
- Last-minute hammock spaces
- Seasonal offerings and thoughtful reflections

No group chat. No comments. Just calm, thoughtful updates when something beautiful is unfolding.

I'd love for you to be part of this space.

You can join us by clicking the link below.

<https://whatsapp.com/channel/0029Vb7hkZ7JuyA90LvFhu0l>

You will find all this information under "updates" in whatsapp not under "chats"



Email: myashramyoga@gmail.com
Book: www.myashramyoga.com
Tracy 07751496291