

2026 COURSES & TRAININGS

YogaSteps

200-Hour Yoga Teacher Training

Intake 1: Saturday 25 April

Intake 2: Saturday 7 November

Contact: 064 875 2414

100-Hour Yin Yoga Teacher Training

Starting Sunday 17 May 2026

Contact: 064 875 2414

Reiki Courses

Reiki Level 1: 18 & 19 April

Reiki Level 2: 25 & 26 July

Reiki Level 1: 10 & 11 October

Contact: 063 157 9156