



YOGA & WELLBEING STUDIO

Community Interest Company in the Heart of Newport

Welcoming all yoga lovers and newbies alike. Whether you are a complete beginner or a practiced yogi, there is something for everyone here at Hot Yoga Health Newport.

Facilities include:

Spacious Yoga Studio

Private Car Park

Changing Rooms with Showers

Complimentary Therapy Rooms

Heated & Non Heated Classes Available

HOT Yoga - YIN yoga - HATHA yoga - VINYASA yoga

PREGNANCY yoga - MEDITATION - HEALTH talks & courses