

In The Moment

Room details and specifications

Our Main Studio (second floor)

- Position: Second Floor with south facing windows.
- Dimensions: c. 6 M x 10 M
- Flooring: High impact interlocking matting
- Facilities: Ladies toilet and changing facilities on the same floor, Gents one floor down.
- Disabled toilet on ground floor
- Lift to all floors
- Coat-hooks outside toilets
- In – room Shelving for the storage of personal belongings
- Tea making facilities in room.
- No shoes in the room, shoes to be left outside
- 15 x plastic folding chairs
- 20 x Yoga mats, blankets, yoga blocks, cushions, yoga belts
- Good quality sound system with CD player and MP3 attachment
- Devotional items: Tibetan Singing bowl, tingsha cymbals, candles and incense.

Our Other Studio (first floor)

- Position: First Floor (there is a lift to all floors in the building) with south facing windows.
- Dimensions: c. 6 M x 10 M
- Flooring: Carpet
- Facilities: Gents toilet and changing facilities on the same floor, Ladies one floor up.
- Disabled toilet on ground floor
- Lift to all floors
- Coat-hooks outside toilets
- Kitchen area, sink and tea making facilities in room
- 20+ firm but padded chairs available
- In – room storage of personal belongings
- 15 x Yoga mats, blankets, yoga blocks, cushions, yoga belts