

Anahata Yoga Retreat

Golden Bay - New Zealand

Yoga Solutions for Life!™

Hatha Yoga Immersions

Explore Your 'Self' Retreats

Yoga Nidra Instructor Training

Health and Relaxation Stays

Permaculture Courses

Private Sessions

Experience
Natural NZ

Integral Yoga including
Hatha, Bhakti, Jnana, Karma,
Mantra and Raja Yogas

ANAHATA

Yoga Health & Education Trust



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