

MY CLASSES

My classes combine yoga, qigong and somatics and are designed to strengthen & lengthen, reduce stress, restore balance, and relax the mind and body. Practices include physical postures, breathing exercises, self-acupressure, meditation and relaxation.

3 weekly yoga classes



Each class is grounded mind-body awareness. As well as weekly classes, check my website for special pop up classes.

Monthly Meditation Classes



2x monthly meditation and well-being classes to help the calm the mind and relax the body.

Special Events & Retreats



Special extended classes, workshops & retreats for a deeper experience. Check my website for more.

MEMBERSHIPS AVAILABLE WITH COMPLIMENTARY
ACCESS TO THE WELLNESS LIBRARY

✉ info@melissacampbell.co.uk



[Click here](#) for my up to date schedule



"Yoga with Melissa is just the best. She explains every breath and movement so well; you feel completely safe and rejuvenated and don't want the class to end! Amazing yoga teacher"

Melissa Campbell

Yoga, Women's Health,
Wellness & Hormones

