

YOGA WITH A VIEW

One more yoga school opens in Berlin this month, this one with a view so you can take in the city-scape while expanding your consciousness. Home Yoga is located in the private home of two yoga teachers. With a group of other instructors, they will be teaching Hatha Yoga in the Jivamukti and Sivananda styles, in a glass-walled studio of their roof-top apartment on Friedrichstraße with a view of the TV-tower. Though German, all instructors speak English, since most of them trained in the US or other parts of the English-speaking world, which means that any class can be bilingual upon request. One weekly class of Sivananda, Thursdays at 20:00, will be all in English, and every other Saturday they will invite an international guest instructor. If you like to bend and stretch alone, private lessons are available in German, English and French. Go have a look and try it out in their opening weekend on November 2-4 - all classes are free. /HA Home Yoga, Friedrichstr. 122, Mitte, U-Bhf Oranienburger Tor, Tel 3101 5800, www.home-yoga.de

