

Breathing Space Yoga Studio Now Open in Glasgow

Isla Murray, Certified Yoga Teacher, Brings Yoga to Glasgow



Glasgow, Feb 20, 2019 ([Issuewire.com](http://www.Issuewire.com)) - Breathing Space Yoga Studios opens its doors to the public at Glasgow, Scotland. The 1200 square feet yoga studio is located in 137 Barrack Street, Glasgow, Scotland G4 0UE.

A continuous yoga practice can enhance flexibility, improve the body, increase productivity and focus, and help a person get a better night's sleep. However, even with those incentives, getting started might feel a bit intimidating. Yoga must be an accessible practice for everyone, and this philosophy motivates all the yoga classes available through Breathing Space Yoga Studio. Certified yoga instructor Isla Murray teaches classes, and her relaxed teaching styles establish an inviting setting for every practitioner, including beginners and those living with chronic diseases.

Isla received her 200 Hour Yoga Teacher Training Certification from [Online Yoga School's 200 Hour Yoga Teacher Training](#). Isla took advantage of Online Yoga School's mission is to make yoga teaching training accessible and affordable to anyone who wishes to advance their expertise and knowledge in yoga and become a yoga teacher while storing the genuineness of ancient yogic wisdom. Isla received a 200 Hour Yoga Teacher Certification from Yoga & Ayurveda, Online Yoga School's local studio and she is qualified to teach yoga anywhere. She is also a Certified Restorative Yoga Teacher, Certified Chair

Yoga Teacher and Certified Ayurveda Specialist.

The newest yoga studio in Glasgow will provide daily yoga classes for every level which includes restorative yoga, vinyasa yoga, chair yoga, ashtanga, and beginner yoga. The studio will also offer regular workshops. *"I look forward to becoming a part of the Glasgow community,"* says Breathing Space Yoga Studio owner Isla Murray. *"I am focused on offering support and resources for yogis of every fitness level to pursue their passions in a supportive and collaborative setting."*

The mission of the yoga studio is to offer students of all ages with quality yoga instruction from a highly trained and experienced instructor within a welcoming, friendly and safe setting. The offerings are distinct as they are for everybody. Everyone is encouraged to join ranging from teens to people in their 70's. Breathing Space Yoga Studio is dedicated to not leaving any behind when it comes to wellness and health, and wish to expand their services even more in the future.

Breathing Space Yoga Studio is located at 137 Barrack Street, Glasgow, Scotland G4 0UE. Currently, the studio is providing both repeat and new students special grand opening offers.

About Breathing Space Yoga Studio:

Breathing Space Yoga Studio is a yoga studio in Glasgow with a focus in different types of yoga. They offer courses, workshops, and classes. Owned by Isla Murray, the mission of the yoga class is to help people co-author a life of balance, joy, emotional, mental, and physical fitness.

#glasgowyoga #islamurray #breathingspaceyogastudio #onlineyogaschool #yogateacher

For more information about Breathing Space Yoga Studio, email Isla Murray at mindfulness@gmx.com

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Source : Breathing Space Yoga Studio

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