

Gentet, Matthias

From: [REDACTED]
Sent: 22 October 2013 21:49
To: Planning
Subject: Ref # 2013/6326/P

Follow Up Flag: Follow up
Flag Status: Flagged

Triyoga.

Triyoga has been such a treasure of a place for me. I first went when I was pregnant to do yoga and subsequently did hypnobirthing which led to me having a beautiful natural home birth. The post natal classes also saw me through the difficult first months of having a new born and provided me with a network of first time mothers.

My second child was also delivered by a wonderful independent midwife recommended to me by one of the many body wise women at the centre.

My son's birth would not have been so quick and easy without Triyoga.

Since then I have attended relaxation yoga, had massages and done meditation at the centre - all of which have helped with life challenges, growth and building relationships.

It is a sanctuary. A very calm and gentle environment and important to society - spiritual without any agendas.

Love it. And my children and husband love it too. Leave well alone.

[REDACTED]
Sent from my iPhone