



S H A N T I
M I Z U



Yoga Spirit. Ocean Heart.

YOGA TEACHER TRAINING
AND RETREAT CENTRE

JOIN OUR
Drop Ins

Move. Breathe. Reset.
All are welcome.



PRANAYAMA

7:00 - 8:00 AM

MONDAY TO SATURDAY



Awaken your breath.
Energize your day.



ASANA

8:30 - 9:30 AM

MONDAY TO SATURDAY



Strengthen your body.
Calm your mind.



All Levels
Welcome



Nurturing
Community



Peaceful Space
to Grow

*Root into yourself,
Rise with the waves.*



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