

Testimonials

... "Thank you for all the wonderful relaxation and mindfulness exercises. I know I will continue to use these techniques for my entire life, and in all areas of my life . Thank You."

*Dawn
Horn Player*

... "Elisabeth used great sensitivity to the needs of our patient clientèle. Our patients were enthusiastic in their response to her classes, feeling relaxed and in good spirit."

*Elizabeth B, R.N.
Princess Margaret Hospital*

... "Elisabeth Pomès takes each person's performing capabilities to a whole new level. I learned so much from this refreshing and entertaining class."

*Timothy
RCM Violinist*

... "As a beginner to yoga, I appreciated your sensitivity and compassion. I felt safe to experience yoga my way."

*Lynn
Myers-Briggs Consultant*

.... "Although I have studied yoga previously, I have never enjoyed and benefited from yoga classes in the same way I did studying under Elisabeth Pomès. Elisabeth is a truly gifted instructor."

*Alison
Student*