



Natural Cooking Class

Easy, healthy, tasty and earth-friendly



Vegetarian food doesn't have to be bland and unexciting! From guilt-free sweets to international cuisine, we create delicious substitutions for all the dishes we have loved since childhood.

Cooking can be very fun! We use simple ingredients and try to keep chores down to a minimum.

We also offer homestyle meals for people who just want to come and enjoy our delicious and healthy cooking.

Even being vegetarian once a week can make a huge impact personally and environmentally!

Yoga School

Discover your true self through relaxation



Yoga is not merely an exercise. It's a way of finding our true self through letting go of burdens we unconsciously carry. Do you feel too tight to do yoga?...well, that's the reason we practice yoga! Yoga lightens the body and mind.

We offer classes from vigorous to relaxing. We provide a space to feel calm and free - that's the true benefit of yoga.

Everyone can enjoy yoga - it doesn't matter your yoga experience, age or gender. As we rejuvenate ourselves, we benefit those around us as well.

-Internationally certified (RYT200, Jivamukti Yoga, Restorative Yoga and more)

English Language School

Global sharing and learning



Our focus is to provide practical, functional and relevant communication skills. English language is a powerful tool to globally connect, discover, share and learn. We offer a doorway for people to follow their own unique interests.

We teach English conversation, do translation of international publications and presentations, act as interpreters and hold international events such as home stay programs. Our students range in age from toddlers to seniors.