



Uyen Vu Body Mind Self Awareness

Guided movements and meditations to connect with the source of happiness and peace

How to find my studio





Look for the first "Single File Traffic" road sign on Fernbank Road

Opposite it, you'll see a small lane where my sign board is — turn into that lane



and, ta-da, you've found me!



Please close the gate behind you and follow the tree-bark footpath to the studio. Thank you 😊