

Hermon Coleman offers holistic massage, reiki and reflexology as well as yoga classes at Simply Saffron

1990 - BA Psychology and Philosophy UOFS
1991 - BA Hons Psychology UNISA
1993 - began studies in Holistic Massage
1994 - Masters degree in Enersense Healing Systems
1997 - Certificate in Reflexology from the SA Institute of Reflexology
2002 - Teacher's Certificate from the Kundalini Research Institute New Mexico USA
2006 - Advanced Teacher's Certificate from the Kundalini Research Institute New Mexico USA

Yoga: Forrest, Yin or Kundalini
Monday and Wednesday: 17h00 – 18h00
Wednesday and Friday: 07h30 – 08h30

Treatments – Open by appointment 7 days a week



Simply Saffron

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Hermon Coleman Ridwaan Lockhart

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