

stretch your body relax your mind & just breathe!

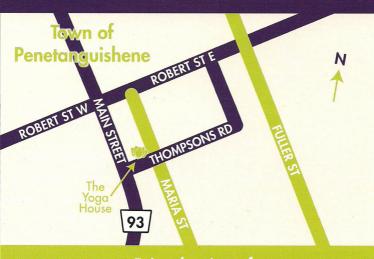


Enjoy a bright, serene, warm studio setting in your own neighbourhood. No matter what your level of ability, age, flexibility or interest, The Yoga House has a class for you. We are conveniently located on the edge of Penetanguishene.

Day & Evening Hatha Yoga Gentle Yoga Childrens Yoga Teens Yoga Moms & Babes Yoga Kundalini Yoga Meditation Classes Workshops

<u>www.theyogahouse.co</u>

stretch | relax | breathe



Enjoy the view of The Yoga House's tranquil gardens



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