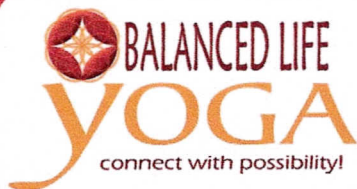


Ajax News Advertiser - May 2008



World Class Yoga
& Fitness in a
Welcoming,
Inspiring Setting

Studio Director,
Shasta Townsend is a
world-leader in yoga and
wellness instruction.

Inspire yourself to health and wellness. Award winning Balanced Life Yoga makes it easy, accessible and affordable.

Balanced Life Yoga offers world-class yoga, Pilates, conditioning and meditation classes daily that will leave your body, mind and heart feeling strong, connected and joyful.

Release stress, balance the weight of your body, increase strength and range of motion and connect to possibility!

The studio is a beautiful, oasis of calm with friendly, welcoming staff and world-class teachers including studio Director, Shasta Townsend. Townsend is one of the most respected and highly trained teachers in Canada and has studied in India and North America with the world's leading yoga teachers and therapists. She is the only teacher in Canada certified in Pain-Free Yoga and is certified as a yoga therapist, Reiki Master and wellness coach.

Classes are also affordable with drop-in passes and monthly passes for every budget and many beginner classes too.

Balanced Life Yoga plans to make Ajax a major centre of health and well-being with its offerings, teacher training program and visiting A-list teachers including Madonna's yoga teacher, Danny Paradise who is teaching at the studio on May 10.

Today is a great day to begin the journey to health and wellness! We love beginners!

Balanced Life Yoga

Accessible across Durham - Just 2 Mins off the 401

235 Salem Rd. South, Ajax ~ 905.428.2300
www.balancedlifeyoga.ca