

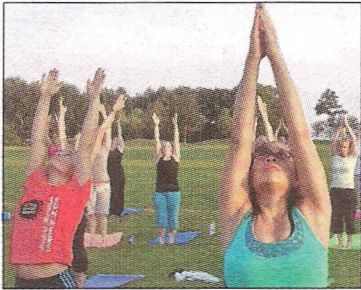


SNAP Ajax

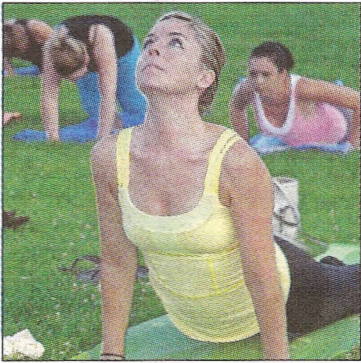
LOCAL STUDIO HOLDS COMMUNITY YOGA AT THE LAKE!

Balanced Life Yoga helped locals stay fit, enjoy the fresh air and experience great community with its free yoga classes at the Lake this summer. Nearly 400 people participated in the classes from July to August on Friday nights. "Yoga at the Lake was our way of offering an amazing experience to our local community - both the experience of feeling invigorated with yoga and the experience of the beauty of our lakeside park. There's no better way to spend a Friday night," said Shasta Townsend, Director, Balanced Life Yoga. If you missed these classes you can always join great classes at Balanced Life Yoga's beautiful and welcoming studio at 235 Salem Road in Ajax (across from Durham BMW). To learn more visit www.balancedlifeyoga.ca

Event by David Matys



A gentle stretching pose to warm up



Moving into an Upward Facing Dog

"Friends, bends and sunshine"



Keeping an attentive eye on the class



Balance, flexibility and a smile!



Participants move into an Extended Triangle pose