

GRAND OPENING OF BALANCED LIFE YOGA

Snap Ajax
June '08



Yoga instructor Duncan gives the new facility two thumbs up!

Are you a lover of yoga looking for a place to advance your practice or perhaps someone who has always wanted to give it a try? Balanced Life Yoga, newly opened at 235 Salem Rd. (on the 2nd floor of the new plaza at Salem & Achilles just South of the 401), might be just the place for you. The gorgeous new studio, opened in early May, offers everything from beginners classes through to classes for instructors and even holds classes specifically designed for Mom & baby and families. Call 905-428-2300 or visit Balanced Life Yoga on the web at www.balancedlifeyoga.ca

Photos by Ami Pritchard

"We LOVE Yoga!"



Owners Shasta and Ian



Mayor Parish helps owners Shasta Townsend and Ian Lavalley officially open Balanced Life Yoga



Open for business!



Kelly, Stephanie, Audrey and Pam on hand for the Grand Opening

Ajax Now Open!

BALANCED LIFE
YOGA
connect with possibility!

Yoga, Pilates and Core
Conditioning All Summer Long!

We love beginners!

Specialty Summer Classes include:

- * Candlelight Yoga at the Lake
- * Yoga & Training for Marathon Runners
- * Mom & Baby (& Dad) Stroller Stride & Strength

Call 905-428-2300 or visit
www.balancedlifeyoga.ca to learn more.

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235 Salem Rd. 2nd floor

Ajax, ON

905-428-2300

Now Offering
Hot Power
Vinyasa

