

# passion!

## **Shasta Townsend**

### **Director, Yoga Instructor, Yoga Therapy - Balanced Life Yoga**

*"Your life is your message to your children" – Gandhi*

As a celebrated transformational speaker and a leading pioneer in mind and body health, Shasta has inspired hundreds through her classes, teachings, workshops and writings.

Shasta believes great health is not just physical but also mental and emotional and she encourages men and women of all ages to live the life of their dreams.

After battling for years with insomnia and anxiety and unable to sleep without medication coupled with constant back pain, yoga provided a physical, mental and personal self-awakening that put her back in touch with the world.

Now the Director, founder and senior teacher with Balanced Life Yoga, she delivers public talks, seminars and training on evolution and empowerment.

She draws on a wide variety of techniques for her presentations including yoga, meditation, energy healing, coaching and the Law of Attraction.

She is especially appreciated for her passionate way of allowing individuals to make sense of their world and by embracing an embodied, holistic means to become the change they wish to see!

Balanced Life Yoga is now recognized as one of the foremost yoga teacher trainer facilities in Ontario and as such she also began the Prenatal Program to help expecting mothers to experience a great pregnancy and easeful birth alongside Balanced Life Yoga's Pre-natal Yoga Teacher Training Certification Program.

Shasta encourages women, men and children of all ages and at every stage in life to *connect to possibility!*  
Namaste!

**For interviews and media opportunities with Shasta Townsend please contact:**

[possibility@balancedlifeyoga.ca](mailto:possibility@balancedlifeyoga.ca)

**S.905.428.2300**