

“For thousands of years, yoga has been a tool to open the mind and body, bringing transformation. At its core, yoga is a process that involves confronting your limits and transcending them. It is a psychophysical approach to life and to self-understanding that can be creatively adapted to the needs of the times.”

Joel Kramer, ‘Yoga as Self Transformation’

Balanced Life Yoga Ajax opened its doors in May 2008 and was an immediate success with the local community and residents across the GTA. The philosophy of Balanced Life Yoga is a simple one – to connect to possibilities through the practice of yoga!

Owned and directed by Shasta Townsend and her partner Ian Lavalley, the studio is a labor of love promoting the real meaning of yoga – not just as a physical practice, but also as a path to wellbeing, health and self-realization. This coupled with a fearlessness to introduce that passion to the rest of the world and a commitment to the success of their students, make Balanced Life Yoga one of the premier yoga sanctuary’s in Ontario and a forerunner in yoga therapy.

With over 3,000 square feet of welcoming practice space divided into two spacious and sunny studio rooms, a welcome area, a relaxation zone that includes couches and literature on yoga, health, well-being and Eastern philosophy, a yoga boutique and two private washrooms and change rooms, the atmosphere of warmth and welcome is felt by everyone who comes through it’s doors.

The studio has played host to many national and international guests including Danny Paradise who is known for helping to bring yoga to the west and also as yoga teacher to Sting, Trudie Styler and Madonna. The studio also has an active and growing 200 hour and 300 hour teacher training program to fit any students work schedule and budget. The studio also offers on-going workshops such as reiki certification, chakra healing, pre-natal and kid’s programs as well as free yoga classes down at the lake front at Rotary Park in Ajax from July through August!

Come to Balanced Life Yoga Studio to see why Durham Region has been buzzing about this wonderful space and the fantastic teachers and programs that you can find there!

Connect to your own possibilities! Balanced Life Yoga can help to show you how!

**For more information on Balanced Life Yoga please contact:
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