



Yoga at the Ashram, Millis, MA



Opening Lotus Studio, Holden, MA



Maha Yoga Center, Bridgewater, MA

CONNECTICUT

East Hartford

Sacred Rivers Yoga is a Registered 200 and 300-Hour School with Yoga Alliance, as well as a member school with the International Association of Yoga Therapy offering Yoga for Every Body. 860-657-9545
www.sacredriversyoga.com.

MASSACHUSETTS

Bridgewater

Bliss Through Yoga, Inside Physical Therapy U, 75 Scotland Blvd., Bridgewater, MA 02324. Offering Svaroopa® Yoga, Embodiment® Yoga Therapy, group and private classes. 508-331-3564. blissthroughyoga@comcast.net. blissthroughyoga.com

Maha Yoga Center, 992 Bedford St. (Rt. 18), Bridgewater, MA 02324. Yoga all levels, Hatha, Ashtanga, meditation, massage. Yoga teacher training (Yoga Alliance). 508-697-3273
mahayogacenter.com

Charlton/Central Mass Area

BethanyJewellYoga, RYT Embodiyoga, RPYT Prenatal Discover the Healer Within. Local studio classes, private & on-line offerings. Begin a home yoga practice where health can begin right at home.
www.bethanyjewellyoga.com 508-768-7253

Easton

Easton Yoga Center, 50 Oliver Street, Ste 208, Easton, MA 02356. Yoga for all levels. Hatha, Vinyasa, Restorative, Beginners, Yin. Private Yoga, Reiki and Reflexology sessions available. 508-276-0315.
eastonyogacenter.com

Haverhill

Harmony Integrative Bodywork. Sessions include half bodywork and half one-on-one yoga to bring harmony and balance back to your body. 76 Merrimack St, Suite 102A. 978-771-0377.
www.harmonyintegrativebodywork.com

Holden

Opening Lotus Yoga. 465 Main Street, Holden, MA, 01520. All levels. Kundalini, Hatha, Vinyasa, Yin, Restorative, Certified Yoga/Ayurvedic health coaching. 508-829-7435
openinglotusyoga.com.

Leominster/Central Mass Area

Yoga Anita. "Calm the mind, stretch the body, invigorate the spirit." Yoga and Meditation. Group, private, schools, corporate, workshops.
www.yogaanita.com. 978-227-8297

Millis

Yoga at the Ashram, 368 Village Street, Kundalini, gong relaxations, concerts, workshops, healing circles, retreats and teacher trainings. First 30 days \$30. www.YogaAtTheAshram.org. 508-376-4525

The Yoga Studio. A tranquil, welcoming healing center. Daily classes for all levels, private yoga therapy, and 200/500 hour YTT. First class free. 508-376-8508. theyogastudiomillis.com

Northborough

The Core Connection offers a variety of alignment-based yoga classes ranging from Yoga Sculpt and Funky Flow Yoga to Yin and restorative candlelight yoga. Visit www.thecoreconnection.com. 508-393-8086.

Princeton

FrogPond Yoga Centre. Classes in the tradition of Raja Yoga for all levels of practitioners. 200 and 500-hr classes are ongoing.
frogpondyoga.org

Uxbridge

State of Grace Yoga and Wellness Center for Health & Healing. Yoga, massage, acupressure therapy, Reiki, Anxiety & Trauma Programs. Yoga teacher training January 2020. Stateofgracewellness.com. 104 East Hartford Ave. 508-278-2818.

Westborough

Mountainbrook Yoga. Eileen Nikopoulos, RYT 500 is a skilled and experienced practitioner of the yogic arts, yoga for pelvic health and postpartum yoga.
www.mountainbrookyoga.com. 508-591-FLOW.

Sohum is a Yoga and meditation studio with the mission to promote health and wellness to all for the body and for the mind. www.sohum.org. 508-329-3338.

Westborough Yoga for transformation, healing and spinal health. Offering Svaroopa yoga, meditation, private Yoga Therapy and Embodiment. Contact Michelle (Kamala) Gross, 508-341-6424
westboroughyoga.com

Worcester

Worcester Yoga Center. Ann Bissanti. Over 30 years teaching experience. Trained in India by B.K.S. Iyengar. 21 West Street, Worcester, MA. 508-829-6300. worcesteryogacenter.com

Include your studio. Next ad deadline is July 31, 2020. email advertise@spiritofchange.org