



Yoga at the Ashram, Millis, MA



Opening Lotus Studio, Holden, MA



Maha Yoga Center, Bridgewater, MA

MASSACHUSETTS

Bridgewater

Bliss Through Yoga, Inside Physical Therapy U, 75 Scotland Blvd., Bridgewater, MA 02324. Offering Svaroop® 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

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. In-person or online. www.yogaanita.com. 978-227-8297

Include your studio.
Next ad deadline is January 31, 2021.
email advertise@spiritofchange.org

Millis

Yoga at the Ashram, 368 Village Street, Kundalini, gong relaxations, concerts, workshops, healing circles, retreats and teacher trainings. 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

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




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Virtual

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. Virtual classes available. Visit www.thecoreconnection.com. 508-393-8086.

SOHUM Yoga and Meditation is an online platform created by Ritu Kapur, an Occupational Therapist and Yoga teacher offering many weekly online classes, private sessions and Yoga retreats. www.SOHUM.org. Ritu.Kapur@Sohum.org

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.

Westborough Yoga for transformation, healing and spinal health. Offering Svaroop® 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

NEW HAMPSHIRE

Henniker

Sea Glass Yoga Wellness offers Svaroop® yoga, Jappa Meditation, wellness coaching and healings. Sunday-Friday. Also Yoga blankets, jewelry and Herbal iPain-Away CBD lotions. www.seaglassyoga.com. 603-294-2394.