YOGA DIRECTORY

MASSACHUSETTS

Bridgewater
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, Haverhill, MA 01830. 978-771-0377. harmonyintegrativebodywork.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. yogaanita.com. 978-227-8297

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

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

NEW HAMPSHIRE

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

VIRTUAL


SOHUM Yoga and Meditation is an online platform. Former yoga studio owner, Ritu Kapur is an Occupational Therapist and E-RYT. She offers a variety of classes, workshops and in-person Yoga retreats. www.SOHUM.org: Ritu.Kapur@SOHUM.org

ANIMAL SERVICES

MASSACHUSETTS

MASH Integrative Veterinary Care, since 1982. Dr. Margo Roman & Associates. 508-435-4077. Hopkinton, MA. MashVet.com

AROMATHERAPY


ASTROLOGY

Eric Linter, over 35 years experience. Readings, classes, daily forecast. stars@ericlinter.com. 508-541-4115.

CRYSTALS


DATING

Our amazing members value spiritual growth, yoga, meditation and sustainable living. 21 years online! Meet your soulmate. www.SpiritualSingles.com.

DOWSING


EMF PROTECTION

The Rejuvenizer®, protection from EMFs and other damaging frequencies. Strengthens the immune system. www.lighthealing.com. 512-301-2999

HOMEOPATHY

Abby Beale, CCH. Certified in classical homeopathy. Online and in-person. Homeopathy relieves symptoms and restores vitality naturally. HomeopathyHealings.com

MEDICAL INTUITIVE

Intuitive Healing with Wendy Marks

PAIN RELIEF

Pat Lebau, MA, ERYT-500, Kripalu Yoga teacher, offers Integrated Positional Therapy sessions. PatLebauyoga.com

READINGS

Nancy Smith, spiritual medium and Akashic life readings. 978-835-0005. www.angelscapes.net

REIKI


Northeast Reiki Center, Traditional Japanese Reiki Training. 508-808-5696. northeastreikicenter.org

SPIRITUAL GOODS


YOGA

Worcester Yoga Center. Ann Bissanti, CYT. Over 30 years experience Iyengar yoga. 508-829-6300. worcesteryogacenter.com