



Maha Yoga Center, Bridgewater, MA

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. 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, 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.

MASSACHUSETTS

Worcester

Worcester Yoga Center. Ann Bissanti. Over 30 years teaching experience. Trained in India by B.K.S. Iyengar. 21 508-829-6300. 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. seaglassyoga.com. 603-294-2394.

VIRTUAL

Gentle Kripalu Yoga with Pat Lebau, professional level Kripalu Yoga Teacher. Zoom Gentle Yoga, M,W,Th 10:30. Zoom for Plantar Fasciitis Th Noon. PatriciaLebau@gmail.com. (508) 393-5581. PatLebauYoga.com.

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

Include your studio.
Next ad deadline is January 31, 2022.
emailadvertise@spiritofchange.org

Directory of HOLISTIC SPECIALTIES



ANIMAL SERVICES

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

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ASTROLOGY

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

CRYSTALS

Portal Crystal Gallery, 489 Mass. Ave, Arlington Center, MA. Open 7 days 1-4pm. 617-771-5119. Kyle@CrystalConcentrics.com.

DATING

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

DOWSING

Discover the science of dowsing. Self-instructional DVD's, books, home of the original Cameron Aurameter. 805-649-5721. www.dowsing.com.

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The Rejuvenizer®, protection from EMFs and other damaging frequencies. Strengthens the immune system. www.lighth healing.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 Over 25 years, with long-term chronic problems a specialty. Very effective with finding root issues. Compassionate and committed. 781-449-5368. www.wendymarks.com.

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

Holy Fire III Training. Women of Wisdom. Katie Malloy Ramaci. Holy Fire III Advanced/RMT. 508-230-3680. Womenofwisdominc.com

Libby Barnett, MSW, MSW, Reiki Master Teacher and author. 41 years Reiki experience. 603-654-2787 www.reikienergy.com. CEU's.

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

SPIRITUAL GOODS

Mystical Banners. Hand painted wall hangings and altar cloths. Sacred symbols, angels, mantras and mandalas. Divine designs with a magickal twist! <https://www.etsy.com/shop/MysticalBanners>

YOGA

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

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