

The Coast
Halifax, Nova Scotia

yoga week



108 YOGA
411-1496 Lower Water Street,
Halifax, 449-0108



ASHTANGA YOGA SHALA
1489 Birmingham Street
Halifax, 407-YOGA



BHAVANA YOGA BOUTIQUE
1-6252 Quinpool Road
Halifax, 423-3335



BIKRAM YOGA HALIFAX
1567 Grafton Street
Halifax, 444-7660



CYCLONE

2-5187 Salter Street
Halifax, 405-7433



CONNECT 2 YOGA
1043 Tower Road
Halifax, 405-0132



**GROW A LOTUS
YOGA PAD**
5531 Leeds Street
Halifax, 403-9630



HAPPY TURTLE
2742 Robie Street
Halifax, 444-7470



MOKSHA YOGA BEDFORD
101-65 Dellridge Lane
Bedford, 468-5985



MOKSHA YOGA HALIFAX
1512 Dresden Row
Halifax, 420-0888



SHANTI HOT YOGA BEDFORD
620 Nine Mile Drive
Bedford, 835-6415

SHANTI HOT YOGA DARTMOUTH
114 Woodlawn Road
Dartmouth 435-1155



**THERAPEUTIC APPROACH
YOGA STUDIO**
202-6156 Quinpool Road
Halifax, 429-3303

NAME: _____

E-MAIL: _____

AGE: 19-34

35-54

55+

Winners of the random draw will be contacted by email.
No cash value.