

Innovative Wellness



Corporate Wellness
& Consulting



Speaking, Facilitating
& Inspiring

Canada's 1st

**HALO
THERAPY
YOGA**

*Yoga inside the Salt
Therapy Room*



**HALO
THERAPY
BREATHING**

*Yoga Breathing and
Meditation inside the
Salt Therapy Room*

YOGA

Waterloo Yoga Studio: 10 - 105 Lexington Rd.

Kitchener Yoga Studio: 396 Victoria St. N. (E Lancaster)

or Bring Yoga to You!

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Inspiring positive results through strategic initiatives