

The neighborhood yoga center you've been waiting for!



Sacred Spaces *Yoga Center*



Congratulations Class of 2005

A RELAXED AND COMFORTABLE SETTING where you will find a class to suit your needs, from beginner to open to advanced, for teens, women, men, seniors, children, or people with health issues.

ORGANIC JUICE BAR stop by and re-energize with one of our freshly-made, healthy organic drinks.

YOGA SHOP check out our selection of comfortable clothing, yoga gear, inspirational finds, and artwork.

WORKSHOPS include DANSKINETICS, MEDITATION, MASSAGE, and VOICE DIALOGUE, a life-coaching approach to help you live your life to its fullest.

Yoga is for Everyone