



Soul Yoga Wellness Stouffville Now Offers Teacher Training To Make Yoga Instruction Certification Open To Everyone

If ambiance and beauty fuels your inner spirit as much as the people and practice of yoga itself, then you will enjoy the new world-class yoga teacher training at Soul Yoga Wellness. Featuring a large open studio in a heritage building in Old Stouffville, the facility offers picture-perfect natural light and natural hardwood warmth that has pleased students and teaching masters.

Lisa Mione / Studio Director and Teacher

Lisa is the owner of Soul Yoga Wellness. Her main intention is to make yoga and centering simple, fun, engaging and clear, so everyone can take charge of their own future by getting back to living honestly and fully, right here in the present moment. Lisa lives what she teaches and that's total transformation towards life.

JOIN OUR TEAM TODAY:

For more information please contact:

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