



Inspire Yoga is a multidisciplinary studio, dedicated to creating a community that actively participates in cultivating inner peace, awareness and wellness.

Intro Special

\$25 for two weeks unlimited yoga for first time clients to the studio.

Coming Soon:

Kids/Teens, Prenatal, Yoga for Golfers

Visit www.inspireyoga.ca for class times and workshops

369 Mountainview Road South
905-702-9642