



Seniors Information Center - Provider Information Sheet

Provider Name:

**Dianne Graves Yoga and Wellness**

Address:

**8493 St. Margarets Bay Road**

City/Town:

**Black Point**

Bus. Phone:

**902-880-8368**

Email:

**diannelynngraves@gmail.com**

Contact Name:

**Dianne Graves**

Postal Code:

**B0J 1B0**

Fax:

Website:

Province:

**NS**

Phone 2:

Description of Services:

**Group Yoga Classes One on one Yoga Pranassage Zero Balancing Reiki Meditation**

Provider's Remarks:

Dianne it seems has been on a meditative path from birth. She preferred to sit in time out; because it was quiet and she could close her eyes. As a natural meditator it is her nature to go inward; so she is grateful for the opportunity to teach Yoga and make connections she would otherwise miss. Dianne believes Yoga is a lifestyle that allows you to know and observe yourself. Yoga poses will never look the same for two different people because no two people share the same life experiences. Simply do your best and you will benefit and learn a great deal about yourself. Dianne instructs with compassion and curiosity. Dianne completed her 200 hour Yoga Teacher Training in June 2012 at The Therapeutic Approach Yoga Studio (TAYS) and has achieved her 500-hour advanced certification in 2015. Also to her merit, Dianne has her Reiki first and second-degree attunement in the Usui System of Natural Healing since October 2010. She achieved her Pranassage Practitioner certificate in July 2017 and is currently a Zero Balancing Candidate Practitioner.

Optional Information:

Insured: **Yes**

BBB: **No**

Home Based: **Yes**

Licensed: **Yes**

Srs. Discount: **No**

Local: **Yes**

Bonded: **No**

Free Estimate: **Yes**

Knowledge Based: **No**

*Disclaimer: The above information was submitted by the service provider or generally available to the public. Their services are not endorsed or recommended by Seniors Association of St. Margaret's Bay over other providers.*

*Please contact the service provider to verify information, check references, etc.*