



Seniors Information Center - Provider Information Sheet

Provider Name:

The Karma Barn

Address:

71 Todd's Island Road

City/Town:

Head of St. Margaret's Bay NS

Bus. Phone:

902-430-0186

Email:

frankspds@gmail.com

Contact Name:

Postal Code:

Fax:

Website:

thekarmabarn.com

Description of Services:

The Karma barn is a welcoming community yoga studio. It has been lovingly built using the repurposed material from the old barn which previously sat on the site for more than 125 years. The new space is warm and serene. It inspires peace and calm. The yoga is light and gentle focusing on breath, poses and meditation.

Provider's Remarks:

The Karma Barn began with the simple idea to create a space where people pay forward their yoga with intention. This can be in the form of money (suggested \$12-\$15 per session) or equivalent through acts of kindness in their community. The person chooses how, when and where to "pay forward" their yoga. Thus, in the tradition of Karma, or selfless service, we are able to participate, practice and fully enjoy the experience of yoga with a sense of greater clarity and freedom. Classes are tailored to the experience and needs of the students and are based on the ancient teachings of yoga.

Optional Information:

Insured: **No**

Licensed: **No**

Bonded: **No**

BBB: **No**

Srs. Discount: **No**

Free Estimate: **No**

Home Based: **Yes**

Local: **No**

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.