



Seniors Information Center - Provider Information Sheet

Provider Name:

Seabright Spirit

Address:

Seabright

City/Town:

Seabright

Bus. Phone:

902-210-1196

Email:

brenda@seabrightspirit.ca

Contact Name:

Brenda Mailer

Postal Code:

Fax:

Website:

www.seabrightspirit.ca

Description of Services:

Yoga, Life coaching, Meditation, and Chakradance

Provider's Remarks:

Cultivate self awareness and overall well being of body, mind, and spirit. Yoga group classes for all levels are held at St. Margaret's Bay Shambhala Centre. Private yoga and Life Coaching offered from home studio in Seabright. Experience your life with purpose and create meaningful change.

Optional Information:

Insured: **No**

Licensed: **No**

Bonded: **No**

BBB: **No**

Srs. Discount: **No**

Free Estimate: **No**

Home Based: **No**

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.