



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

Bus. Phone:

902-430-0186

Email:

frankspds@gmail.com

Contact Name:

Postal Code:

B3Z 2C6

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 in the tradition of Karma or selfless service we are able to participate practice and fully enjoy the experience of yo

Optional Information:

Insured: **Not Indicated**

Licensed: **Not Indicated**

Bonded: **Not Indicated**

BBB: **Not Indicated**

Srs. Discount: **Not Indicated**

Free Estimate: **Not Indicated**

Home Based: **Not Indicated**

Local: **Not Indicated**

Knowledge Based: **Not Indicated**

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.