



Seniors Information Center - Provider Information Sheet

Provider Name:

Cameron Graves Yoga

Address:

269 Granite Cove Drive Hubley

City/Town:

Hubley

Bus. Phone:

902-880-8869

Email:

Contact Name:

Province:

Nova Scotia

Phone 2:

Postal Code:

B3Z 4N8

Fax:

Website:

Description of Services:

Experience the best that yoga has to offer with accessible classes for all levels of experience, all in a peaceful and tranquil setting of a lakefront studio.

A restless and curious spirit is what drives visual artist, and yoga instructor, Cameron Graves. A search for truth and the source of true joy continually leads to my heart passions, art and yoga. Creating art started as early as I could hold a crayon and yoga was introduced to me in a high school gym class. Over 30 years later, I am still practicing and teaching yoga. It's at the very heart of everything I do and live by. I also continue to create art, with a thriving commission based painting practice. Upon moving to Halifax in 1994, I discovered strong and interesting communities for both the arts and yoga. This made my passions grow even more, none more so than with a strong desire to share it with others. I have been teaching since 2006. I am a 500hr Registered Yoga Teacher; I trained through Therapeutic Approach Yoga Studio in Halifax. I have additional certificates in Yin/ Restorative Yoga, Pre-natal/ Post-Partum Yoga, and Les Mills BodyFlow. I have furthered my training through many additional programs, including LIVE LOVE TEACH, yoga life coaching, and yoga massage, elements of which have infused my teaching with more depth. I love teaching various different styles of yoga, with a particular passion for Hatha Vinyasa (nicknamed "Flow Yoga") and Power Flow. Classes with me are accessible for all levels of experience. My teaching style is grounded, methodical and thoughtful, but still light and playful too. I very much aim to guide all my students through a class where they practice finding ease within a physically challenging sequence of yoga postures. The focus is on connecting breath and movement. This ultimately leaves one feeling refreshed and relaxed, often unearthing hidden resources within each individual. When I am not teaching or practicing yoga, I can be found in my painting studio or else fully engaged in an active family life with two teens and multiple pets!

Provider's Remarks:

Optional Information:

Insured: **Not Indicated**

BBB: **Not Indicated**

Home Based: **Not Indicated**

Licensed: **Not Indicated**

Srs. Discount: **Not Indicated**

Local: **Not Indicated**

Bonded: **Not Indicated**

Free Estimate: **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.