



AFTER A LONG WAIT...

We are ready to welcome you with open arms, warm hearts, and a grateful soul!

After a challenging year, your beloved studio will be opening its doors in time to close 2020!

To register please sign up on our [website](#)

SOFT OPENING IS NOW HERE!

"New beginnings are often disguised as painful endings." – Lao Tzu

Welcome back yoga community!

We are finally ready to see you on December 21st. Classes will be reduced so please sign up on our [website](#)

NEW TO OUR STUDIO?

New Studio, new colours, new vibe and new pricing to accompany a fantastic 2021!! Whether you are a returning yogi or new to our community, we offer amazing [membership & pricing options](#)

HOW DO I REGISTER FOR CLASSES?

Our new beginning brings variety, new classes and added sequences for all levels. We will offer, Hatha Yoga, Yin and more! To sign up for a class, please [register](#) first. You will then be able to sign up for one of our amazing classes.

COVID restrictions?

No problem, we have you covered and will keep you safe. Here are all our [COVID Protocols](#)

We would love to hear from you!!

This is a community based studio, therefore, your opinion matters! Please send us an email to help us make Heights Yoga and Wellness Centre an amazing place for this community.

Contact us:



info@heightswellness.ca

[Facebook](#) Heightsyoga.wellness

[Instagram](#) Heightswellness.ca