

Yoga Kriya Hatha

The real pose is silence.



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Fridays @ 7:30 pm

Studio Meta 1111 (#103)

5440 Ch. Queen Mary, Montreal

\$18 per class (or \$120 for 8 classes)

Start anytime. Perfect for all levels

Move like a prayer. Steady. Grounded. Intentional.

Not here to perform—here to return.

Breathe space into your body, your mind, your life.

Rest isn't the reward—it's the practice.

This isn't escape. It's becoming who you already are.



TAP OR SCAN