Free Yoga Classes

You are invited to attend free Yoga classes at the Kriya Yoga Ashram, located at 196 Mountain Road, St Etienne-de-Bolton, Qc. J0E 2E0

Tuesday from 9 am to 10:45 am, Saturday from 9 am to 10:30 am

Booking required: Please contact us at least 24h in advance.
1-888-252-9642 or amrit@babaji.ca

Directions
De Sherbrooke/Montréal
au 196 rang de la Montagne
St-Étienne-de-Bolton
Sortie 100, Autoroute 10

Directions
From Sherbrooke/Montreal
To 196 Mountain Road
St-Etienne-de-Bolton
Exit 100, Autoroute 10