



natural awakenings

# Yoga Pilates & Fitness NETWORK



Wendy Vigroux, Westchester Yoga Arts

**SOMERS**  
**Equipoise Pilates & Wellness**  
Bailey Court, 334 Rt. 202  
cbakerpilates@gmail.com  
914.276.2056



Rev Marilyn Ridley,  
Westchester Essential Wellness



Becca Roberts,  
Namastesis



Shivani Chauhan, Westchester Yoga Arts



Edit and Darrell Babboni, Zen Garden Health Coaching & Yoga

## YOGA STUDIOS

**BEDFORD HILLS**  
**Katonah Yoga**  
39 Main Street  
914.241.2661; katonahyoga.com

**CORTLANDT MANOR**  
**Elevate Yoga Studio**  
3535 Crompond Rd.  
carasaxhealth@aol.com  
elevateyogastudios.com

**CROSS RIVER**  
**O2 Living/drinklivingjuice**  
792 Rt. 35 Yellow Monkey Village  
914.763.6320; drinklivingjuice.com

**EASTCHESTER**  
**The Temperance Center**  
453 White Plains Road  
914.793.2600  
TheTemperanceCenter.com

**FISHKILL**  
**Namastesis-Yoga & Wellness**  
Offering Yoga, Massage & Reiki  
1065 Main Street - Suite H  
845.765.2299; Namastesis.com

**KATONAH**  
**Golden Prana Yoga**  
223 Katonah Avenue  
914.984.3408  
goldenprana.yoga

## BALANCE FITNESS

**StepWISEnow**  
Strength.Flexibility.Balance  
325 S. Highland Ave., Ste. 109  
Briarcliff Manor/ Ossining  
914.292.0602; Stepwisenow.com

## GYROTONIC

**MILLBROOK**  
**Gyrotonic Millbrook**  
34 Front Street  
845.417.3659  
Gyrotonicmillbrook.com

## PILATES STUDIOS

**POUND RIDGE**  
**Pilates Pound Ridge**  
Classical Pilates Studio  
Old Mill River Road  
917.841.1218  
PilatesPoundRidge.com

**RHINEBECK**  
**Rhinebeck Pilates**  
6400 Montgomery Street  
845.876.5686  
RhinebeckPilates.com

## TAI CHI

**In Balance Concepts**  
Tai Chi. Meditation. Qigong  
2505 Rt. 6, St. 108, Brewster  
845.803.1992  
inbalancetaichi.com

**StepWISEnow**  
Strength.Flexibility.Balance  
325 S. Highland Ave., Ste. 109  
Briarcliff Manor/ Ossining  
914.292.0602; Stepwisenow.com

## NEW TRAUMA-INFORMED YOGA

**Crossover Yoga Project**  
420 S. Riverside Ave Box #223  
914.319.4010  
crossoveryogaproject.org

## YOGA ASSOCIATIONS

**Yoga Teachers Association**  
Workshops 2nd Sat. 1:30 pm  
Club Fit, Briarcliff Manor  
ytacommunications@gmail.com  
ytayoga.com



Sacred Spirit Yoga and Healing Arts Center



Crystal Wright,  
Well Haus of Westchester



Matt Tizol and son, Westchester Yoga Arts

**POUGHKEEPSIE**  
**Hudson River Yoga**  
Beginner - Experienced  
696 Dutchess Tpk.  
(near Adams)  
845.204.9111  
hudsonriveryoga.com

**YOGA RETREATS**  
**Yoga in the Adirondacks, LLC**  
2 Coulter Rd, Bakers Mills, NY  
518.251.3015; 914.556.8258  
yogaintheadirondacks.com

## YOGA TEACHER TRAINING

**Westchester Yoga Arts** **NEW**  
**RYT200/RYT500/  
Kids Yoga TT**  
888.760.4943; New Rochelle  
westchesteryogaarts.  
perfectmind.com

**VALHALLA**  
**YogaShine**  
Kripalu/Meditate/Yoga Therapy  
7-11 Legion Drive,  
914.769.8745  
yogashine.com

**YONKERS**  
**Nueva Alma Yoga & Wellness**  
799 McLean Avenue  
914.294.0606  
NuevaAlma.com

To list your business  
on this page please call  
845-593-0065



Susannah Grange, Hudson River Yoga