



natural awakenings

# Yoga, Pilates & Fitness NETWORK



Cara Sax of Elevate Yoga

**Yoga Teachers Association**  
Workshops 2nd Sat. 1:30 pm  
Via Zoom until further notice  
ytacommunications@gmail.com  
ytayoga.com

## YOGA INSTRUCTOR

**YOGA FORAGER**  
Online Classes  
Essential Yoga Wear  
Info@yogaforager.com  
Instagram @yogaforager  
Yogaforager.com

## YOGA STUDIOS

**BEACON** NEW  
**Beacon Yoga Center**  
Integral Wellness Resources  
464 Main St., Beacon NY  
347.489.8406  
BeaconYogaCenter.org

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

**BRIARCLIFF**  
**OudiYoga**  
325 S. Highland Ave Suite 109  
Ossining/Briarcliff. All levels  
914.236.9208; oudiyoga.com

## BALANCE FITNESS

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

## PILATES STUDIOS

**MOUNT KISCO**  
**Elite Performance PT**  
**Of Westchester, PC**  
175 E. Main St. Suite 204  
ElitePTandPilates.com  
917.476.2164

## YOGA ASSOCIATIONS

**Yoga Society of New York**  
Ananda Ashram  
Monroe, NY  
845.782.5575  
anandaashram.org



Shannon Murphy,  
Beacon Yoga Center

Find yoga classes  
on pages 42-45.

## TAI CHI

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

## TRAUMA-INFORMED YOGA

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



Stephanie Scavelli,  
Yoga Forager



Gong Bath in the courtyard at Golden Prana

**CORTLANDT MANOR**  
**Elevate Yoga Studio**  
Classes Now Online  
carasaxhealth@aol.com  
elevateyogastudios.com

**CROSS RIVER**  
**O2 Living Sanctuary**  
792 Rt. 35 O2 Living Village  
914.763.6320; drinklivingjuice.com

**DOBBS FERRY**  
**Sacred Spirit Yoga & Healing Arts Center**  
343 Broadway (on campus of South Presbyterian Church)  
sacredspiritoyogacenter.org

**KATONAH**  
**Golden Prana Yoga**  
Classes Now Online  
914.984.3408  
goldenprana.yoga

**MAHOPAC**  
**Liberation Yoga & Wellness Center**  
862 Route 6  
845.803.8389; liberationny.com

**Putnam Yoga**  
30 Tomahawk Street  
Baldwin Place  
845.494.8118  
PutnamYoga.com



Darrell and Edit Babboni. Zen Garden Health Coaching & Yoga



Todd Norian, founder of Ashaya Yoga, at a YTA workshop

**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



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**SOMERS**  
**Zen Garden Health Coaching & Yoga**  
Edit Babboni; CHC, RYT 200  
61 Lakeview Dr., Yorktown Heights, NY  
917.721.2529  
yoga.zengarden@gmail.com

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

## YOGA TEACHER TRAINING

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

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