

New Mindset Therapy - Cornwall

Yoga Instructor In Cornwall



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Yoga Instructor In Cornwall

New Mindset Therapy - Cornwall

Discover New Mindset Therapy: Your Local Yoga Instructor in Cornwall, Ontario

Are you looking for a transformative experience in yoga? Look no further than ****New Mindset Therapy****, conveniently located in the heart of Cornwall, Ontario. This unique center offers a range of on-site services tailored to enhance your wellness journey.

On-Site Services at New Mindset Therapy

At New Mindset Therapy, you can expect a variety of ****on-site services****

designed to meet the diverse needs of clients. Whether you are a beginner or an experienced yogi, our dedicated instructors provide personalized classes that cater to all skill levels. Enjoy a relaxing environment where you can connect both physically and mentally with your practice.

Accessibility for Everyone

One of the standout features of New Mindset Therapy is its commitment to ****accessibility****. The facility is designed to be welcoming to all individuals, ensuring that everyone can participate in yoga sessions comfortably. This inclusive approach allows people from various backgrounds and abilities to engage in the transformative power of yoga.

Wheelchair-Accessible Car Park

For those with mobility challenges, New Mindset Therapy provides a ****wheelchair-accessible car park**** right at the entrance. This thoughtful accessibility feature ensures that everyone has easy access to the center, making it simpler for clients to attend their yoga classes without any hindrances.

Service Options Tailored to Your Needs

New Mindset Therapy offers various ****service options**** to fit your lifestyle. From individual sessions to group classes, each option is designed with your wellness in mind. Our experienced yoga instructors are passionate about guiding you through your practice, focusing on both physical alignment and mental clarity.

Join Us Today!

Take the first step towards improving your overall well-being by exploring what New Mindset Therapy has to offer. With accessible facilities and dedicated instructors, you are sure to find a class that resonates with you. Visit us in Cornwall, Ontario, and embrace the healing benefits of yoga!

You will find us at

160 Pitt St Unit 202, K6J 3P4 Cornwall, Ontario - Canada (CA)

The phone of the mentioned **Yoga instructor** is +1613-861-2996

And if you want to send a WhatsApp, you can do so at +1613-861-2996

We are available at these times:

Day Hours
Monday

9?AM–5?PM

Tuesday

9?AM–5?PM

Wednesday

Closed

Thursday

Closed

Friday

9?AM–5?PM

Saturday

9?AM–5?PM

Sunday

9?AM–5?PM

The website is New Mindset Therapy

In case you want to alter any data that you consider is incorrect concerning this portal, please forward a message so that we will correct it quickly. Thank you in advance thanks for your cooperation.

Images



New mindset therapy map



New mindset therapy cornwall



New mindset therapy all

Tags

Wheelchair-accessible car park, Service options, Accessibility, On-site services

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