

Finding Your Zen at #chlaabsc19

From team contributor Danielle

Conferences can be stressful - need a stretch?

#chlaabsc19 PR team has asked our favourite yoga teacher (and librarian) for her picks in the city



Image: Ottawa Tourism

Pure Yoga Downtown & Centretown

71-Suite 3 Bank Street ; 359 Bank Street

Rideau Sport Centre

1 Donald Street

Elevate Yoga

298 Elgin Street

Rama Lotus Yoga Centre

342 Gladstone Ave

Upward Dog Yoga Centre

251 Dalhousie Street

Astanga Yoga Ottawa

200 Bank Street