

## Morning Meditation and Kundalini Yoga on the Water



The Toronto Islands are considered by indigenous people of this area to be sacred healing lands, surrounded by a beautiful body of water; Lake Ontario. Recognizing this relationship with the land is the central focus for a new business on the waterfront, [The Healing Boat](#).

They will be launching classes and series that offer guided meditation and Kundalini yoga classes. Idyllic cruises on Lake Ontario give the opportunity to unplug from the intensity, and soak up the healing energy that being on the water offers. Designed to give the feel of a mini vacation, these healing water cruises provide the perfect environment to relax, recharge, and restore your well-being.

To get a jump start on the day and cruise before the harbor tours and loud party charters, you can enjoy morning healing classes from 8-9 am, offering relaxation and the chance to experience stillness and quiet while observing the wonder of the Toronto Islands and Lake Ontario.

Get \$20 off any series and \$5 off any class now. For more Information and to book call: [647-831-7090](tel:647-831-7090)