



THE BEST PLACE FOR EXCELLENT
NEUROSURGICAL CARE!

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Bend, 97701



S225865-1

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John Day, Oregon
415-748-8697
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Meditation
Yoga
Pilates
Labyrinth

www.canyonmountaincenter.net



Canyon Mountain Center was created in 2010 as a space for people to focus on health & wellness, stress reduction techniques and personal growth. We offer complementary health practices such as Meditation, Yoga, and Pilates, and provide workshops and lectures to enhance health and well-being. Our 36-foot outdoor Labyrinth can be used as a walking meditation to calm yourself and focus. Visit our website for more details.

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