

Bill Day

Bill has been involved in the Thunder Bay community for many years, as a teacher, coach, canoe and kayak enthusiast, an avid cross country skier, yogi, and a massage therapist. As a Hatha Yoga Teacher of the Himalayan Tradition, he is dedicated to advancing beginner and intermediate level students who want to deepen their understanding of Yoga through improved awareness of yoga postures, body alignment, the breath, and yoga philosophy. Bills' teachings focus on developing a strong, flexible body, while tuning into the breath and alignment.



To contact bill or to register for Broga Yoga email biobillday@gmail.com