



Santosha Yoga Studio



Our Mission

Santosha Yoga teams with non-profits, healthcare providers and educators to make yoga accessible for all Central Iowans.

Santosha Yoga Studio offers therapeutic yoga for pain management, chronic conditions and mental wellness.

Key Offerings

Serving adults and children through private pay and grant-based programs, therapeutic yoga is offered in the studio and on-location. Small group classes and private lessons are available.

Key Clients

Santosha teams with non-profits to make yoga accessible to all Central Iowans. Partners include **United Way of Central Iowa**, **Child and Family Policy Center** and **Mercy Medical Center**.



Santosha Yoga Studio

Mary Lasky, RYT, Owner
2600 72nd Street, Suite K
Urbandale 515-333-3112

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Yoga is Accessible Relief

It is possible for you to feel better. More bodily comfort translates to a calmer mind, better sleep, a brighter outlook and the energy to move toward your goals.

Gentle lengthening and strengthening exercises provide immediate relief for aches and pains. These exercises, coupled with breathing techniques and conscious relaxation, ease you toward increased comfort.

The focus is on self-help. Students learn exercises and techniques that work best to manage their symptoms and apply them at home with continued support.



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Customized Approach

Exercises are customized for individual needs including spine conditions, mobility issues, injuries, chronic conditions, behavioral issues and mental health diagnoses.

“I am 60 years old. I sustained serious and permanent back injuries in 1997. I've tried traditional medicine and physical therapy to alleviate the chronic pain I experience. Nothing helped until I started therapeutic yoga with Mary about a year ago. I'm now in her beginning yoga class. Her classes are the only thing that help alleviate the pain and improve my flexibility. Mary is a skilled and compassionate teacher. I am extremely grateful to her. Yoga works, and it's also very relaxing!”

Kathleen F. student since 2014