



Located in downtown Burlington, [Sacred Mountain Studio](#) is a healing arts sanctuary dedicated to providing a quiet, intimate, and safe space for sacred, soul-felt community gatherings and workshops to individuals of all ages and backgrounds.

Our mission is to provide a sacred and welcoming place to build community and practice healing arts that inspire inner growth and transformation, while fostering outward connection and support.

We are a warm, tranquil, and nurturing space where everyone is welcomed, individual differences are honored and all traditions are celebrated. We embrace an integrated approach to overall well-being and support a variety of physical, mental, emotional and spiritual modalities, meeting you wherever you may be and fulfilling your ever-changing needs. We regularly have open space available in our schedule and welcome people to use the studio for a variety of workshops and classes, including different styles of body movement, creative expression, meditation, sound healing, group work and informal community gatherings.

Some of our offerings include : [Conscious Breathwork Healing Circles](#), [Drum Circle](#), [Journey Into Your Heart](#), [Sound Sanctuary](#), [Pathwork](#), [Qi Gong](#), [Sound Circle](#), [Tai Chi](#), [Wild Writing~Spirit Space](#), [The Feldenkrais Method](#)

Studio Size
20' x 30'

Studio Prices
1 hr – \$25
1 1/2 hr – \$40
Full Day – \$150

Amenities

- Meditation Cushions
- Meditation full length mats
- Adjustable backjack chairs
- Blankets
- Adjustable lighting
- Wall mounted water fountain
- Gongs
- Filtered water
- Bathrooms
- Sound system
- Beautiful exposed brick walls, natural lighting and plants
- Good vibes



If you are interested in more information on using the studio, please email us at info@sacredmountainstudio.com or call (802) 863-9355.