The Shala

ON 120

THERAPEUTIC YOGA & WELLNESS

A place to move, breathe, and feel at home.

The Shala on 120 is a welcoming yoga and wellness studio in Fremont, Indiana, created with care by Trisha Hill. Here, you'll find thoughtful yoga practices, personalized support, and time to slow down and connect with yourself and with others.

FIND YOUR PRACTICE

Hatha • Vinyasa • Restorative • Chair Yoga

Therapeutic Yoga • Individual Yoga Therapy

Ayurvedic Wellness Guidance • Red Light Therapy

Whether you enjoy a flowing practice, prefer gentle movement and rest, or are exploring yoga for the first time, there is room for you here.

WE'D LOVE TO WELCOME YOU

Studio tours begin December 7, 2026

Monday-Friday | 11 a.m.-5 p.m.

Explore the space and enjoy a cup of tea or coffee.

Public opening January 2027

TRISHA HILL | FOUNDER

E-RYT 200 • RYT 500 • RPYT • YACEP

Yoga therapy trained through PranaYoga Institute

Certified Ayurvedic Wellness Coach, Ayurvedic Institute

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