



**For Immediate Release:**

Local business shows off building's history

Mount Pocono, PA  
October 12, 2015

When Boundless Yoga Studio of Stroudsburg decided to open a second location in Mount Pocono this summer, they felt it was important to highlight the history of the location. The site had at various times been a restaurant, a pharmacy and a day care. 3 layers of ceiling were removed to expose the original roof beams. As the space was renovated, the rough beams were left exposed as a nod to the history of the building and the area.

Now, students can practice yoga under the experienced direction of the most educated teachers in the area, with the well-used roof beams over their head. The space has been completely updated with hardwood and tile flooring as well as a locally made reception desk.

The owner of the space, Chris Loeb sack, grew up in the area. As well as teaching yoga, she educates teachers in anatomy regionally and a specializes in a hybrid called AcroYoga which takes her to many exotic locations around the world.

Contact:  
Chris Loeb sack  
Boundless Yoga Studio  
570-664-0956  
1444 Pocono Blvd. #106  
Mount Pocono, PA 18344  
[www.BoundlessYogaStudio.com](http://www.BoundlessYogaStudio.com)  
[info@BoundlessYogaStudio.com](mailto:info@BoundlessYogaStudio.com)

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