

# NEWNHAM OUTDOOR YOGA BRING A FRIEND - MAKE A FRIEND

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## Description:

Join Athletics & Recreation for Bring a Friend - Make a Friend Outdoor Yoga on Newnham's field on Wednesday September 25, 12:30-1:30pm. This yoga practice is open to all levels of Yogi's. You are welcome to bring your own mat or use one of ours. You will be able to practice in the shade, under canopy tents too. There will be giveaways and random draw prizes! Plus, refreshments after practice.

Newnham Campus - Fitness Centre Studio  
Wednesday, September 25  
12:30-1:30pm

Register today or drop-in day of.

Participants who haven't already completed the Athletics & Recreation Facility Use and Registration Form.

[Register Here](#)