

# SENECA@YORK 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 in Seneca@York's courtyard on Thursday September 26, 12pm-1pm. 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 the trees. There will be giveaways and random draw prizes! Plus, refreshments after practice.

Register today or drop-in day of.

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

Seneca@york Campus - courtyard  
Wednesday, September 26  
12:00-1:00pm

[Register here](#)