

Meditation Yoga Markham Campus

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Dates: Wednesday November 27, 2024

Time: 12-1pm

Location: Beehive

Description:

Take a moment to center yourself! Join us on Wednesday, November 27th from 12:00 – 1:00 pm for a peaceful hour of Meditation Yoga at the Markham Campus, Beehive. Whether you're new to yoga or experience, all levels are welcome for this mindful practice!

Yoga mats and blocks will be provided.

*Date and location are subject to change.