

Summer Flow Outdoor Yoga

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Join us for Summer Flow Outdoor Yoga on Wednesday, July 9!

King Campus: 12:00 p.m. to 1:00 p.m. (East Entrance)

Newnham Campus: 12:30 p. m. to 1:30 pm (Field)

Seneca@York Campus: 2:30 p.m. to 3:30 p.m. (Courtyard)

These yoga sessions are open to everyone, from beginners to experienced yogis. You're welcome to bring your own mat or use one of ours. Enjoy a relaxing practice in the comfort of our shaded canopy tents.

Enjoy these added perks:

- Entry into a gift basket draw
- Refreshments after practice

How to participate: · Register in advance through our Seneca Recreation portal

<https://recreation.senecasting.ca/>

- Or just drop in on the day—we'll check you in on-site!

What to bring:

- A water bottle
- Sunscreen
- Comfortable athletic or yoga wear

Storing your belongings:

- You can store items in the designated area outside or use a locker in our facility—just remember to bring a lock.

We can't wait see you there!