



# *International* **Yoga Day** *June 21<sup>st</sup>*

Join us with your family and friends to celebrate International Yoga Day.  
Participate in one or all of the classes and experience the many benefits of yoga and meditation.

**FREE**  
**Ages: 11+**

**What to bring:**

Yoga Mat, blanket, sweater & water.

**Location:**

John Clarkson Park 415 Dougall Avenue

*\* Rain location will be at the Southfields  
Community Centre - Temp storefront*

**5:30 – 6:30 pm**

*Teacher: Roopa*  
**Yoga Fundamentals - Beginner Class**

**6:30 - 7:30 pm**

*Teacher: Shanti*  
**Intermediate - Vinyasa flow**

**7:30 – 8:30 pm**

*Teacher: Doris*  
**Gentle class focused on  
mindful movement and a  
20 minute mindfulness  
meditation**