



## Lunchtime Outdoor Yoga

with Wellbeats

Could you use a quick, midday stress reliever? Join us for some guided, beginner-friendly outdoor yoga led by Wellbeats Fitness Director Mark!

### Outdoor Yoga Schedule:

<b>Thursday</b>	<b>July 11</b>	<b>12:15pm</b>
<b>Wednesday</b>	<b>Aug 14</b>	<b>12:15pm</b>
<b>Thursday</b>	<b>Sept 5</b>	<b>12:15pm</b>
<b>Thursday</b>	<b>Sept 26</b>	<b>12:15pm</b>

We will meet at the East Lawn area of the West End Plaza.

Grab a co-worker and let's do this together!

#Namaste,

Wellbeats

P.s. If weather conditions are poor, we will move the yoga session to the Parkdale Training Room (Suite #105).



### 5 Key Benefits of Yoga

- Increases flexibility and balance
- Improves respiration and energy
- Boosts mental clarity
- Elevates your mood
- Reduces stress levels

**Don't forget to  
bring a yoga mat  
or beach towel!**