Vellbeats

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:

Thursday July 11 12:15pm Wednesday Aug 14 12:15pm Thursday Sept 5 12:15pm Thursday Sept 26 12:15pm

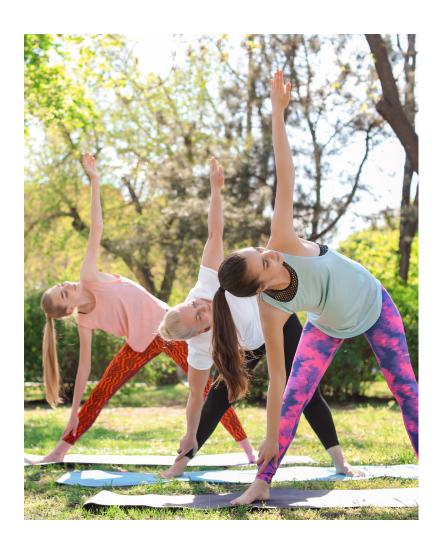
We will meet at the East Lawn area of the West End Plaza.

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!