Wellness

@Work_

FREE
FALL EQUINOX

YOGA ON JOHNSTON GREEN

uoguel.ph/yoga

Tuesday, September 24, 2024

12-1 PM Yoga & Meditation

1-1:30 PM BYO Lunch

Rain Location: Peter Clark Hall 001M UC

EVERYONE IS WELCOME! NO EXPERIENCE IS REQUIRED!

IF POSSIBLE, PLEASE BRING A NON-PERISHABLE FOOD ITEM TO DONATE TO THE GUELPH FOOD BANK

