

# Yoga Sessions



## Sessions:

**Gentle yoga** (bring your own mat)

7 Oct, 12pm - 1pm, Tech Marketplace

**Chair Yoga + Heartfulness Meditation**

10 Oct, 12pm - 1pm, Infuse Theatre

11 Oct, 4pm - 5pm, MPH2



Yoga works both the body and mind for better holistic health. Gentle movements, together with meditation and deep breathing, help reduce stress, improve focus, and foster a deep sense of inner peace and self-awareness.

[REGISTER HERE](#)