

YOGA IN THE PARK: CONNECTING WITH WELLNESS, COMMUNITY AND THE LAND FOR NEWCOMERS & 55+



Tuesday, September 22, 2026 | 11 a.m. - 12 p.m.

Join us for Yoga in Gage Park!

Location: 45 Main Street South, Brampton, L6Y 1M9

Discover the perfect blend of wellness, fresh air, and community with Yoga in Gage Park!

- New and experienced participants welcome
- Recognize and celebrate Indigenous perspectives on wellness, gratitude, and our connection to the land
- Please bring water to stay hydrated
- Feel free to bring snacks for yourself and to share with fellow attendees after the session



**Registration available on a first-come, first-served basis.
Spots are limited.**

Eligibility - Permanent Residents and Convention Refugees

REGISTER NOW



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