

YOGA IN THE PARK FOR NEWCOMERS & 55+



Wednesday, September 23, 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! Whether you're new to yoga or an experienced participant, you'll enjoy an engaging session in a welcoming atmosphere. Please bring water to stay hydrated, and feel free to bring snacks for yourself and to share with fellow attendees after class.



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

Eligibility - Permanent Residents and Convention Refugees

REGISTER NOW



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