

Free yoga/meditation day at Cold Creek

Meditation Toronto will be hosting a Free Yoga Meditation day at the Cold Creek Conservation Area in Nobleton Aug. 12 from 10 a.m. to 4 p.m.

This is a very nice day for the whole family. Children are welcome. There will be supervised activities for the kids.

This is the ninth annual event of this kind that Meditation Toronto has hosted. It's very popular, attracting in excess of 300 people.

The day begins with Hatha Yoga classes for all levels, conducted by qualified instructors, followed by a vegetarian lunch. After lunch, guests are invited to explore the beautiful forests and hiking trails. The day finishes with an enlivening group meditation and a talk by a renowned yoga master.

Participants will need to bring a yoga mat, sun gear (sunglasses, sunscreen and a hat), bug repellent is always a good idea as the event is outdoors, and most important, a smiling face.

It's a lovely way to spend a day and it's all free. Free tickets can be obtained online at www.meditationtoronto.com

Meditation Toronto has been giving free classes in the GTA for more than 20 years as a service to the community. They give classes in Richmond Hill and Newmarket regularly.