











The Inner Space

2024 Wellness Workshops *with Tanya Porter*

Calendar of Events

 <p>Feb</p>	<p>BREATH & BALANCE Sunday, February 25</p>	 <p>Sep</p>	<p>DRUMMING & RHYTHMIC RE-FRAMING Sunday, September 22 *</p>
 <p>Mar</p>	<p>YOGA MASSAGE Sunday, March 24</p>	 <p>Oct</p>	<p>YOGA REST & RESTORE Sunday, October 20</p>
 <p>Apr</p>	<p>SINGING & STILLNESS Sunday, April 21</p>	 <p>Nov</p>	<p>JOURNALING WITH YAMAS & NIMYAMAS Sunday, November 17</p>
 <p>May</p>	<p>DRUM & DANCE Sunday, May 26 *</p>	 <p>Dec</p>	<p>SINGING & STILLNESS Sunday, December 15</p>
 <p>Jun</p>	<p>MUSIC & MANDALA Sunday, June 23</p>	 <p>Jan</p>	<p>VISION BOARD 2025 Sunday (DATE TBD) 1-4 pm</p>

ALL WORKSHOPS TAKE PLACE 1-3 PM AT THE
MARKHAM GO STATION COMMUNITY CENTRE,
EXCEPT FOR MAY & SEP, WHICH WILL BE HELD AT
GOODWOOD COMMUNITY CENTRE