



The Inner Space

## 2024 Wellness Workshops with Tanya Porter

# Calendar of Events

 <p>Feb</p>	<p><b>BREATH &amp; BALANCE</b> Sunday, February 25</p>	 <p>Sep</p>	<p><b>DRUMMING &amp; RHYTHMIC RE-FRAMING</b> Sunday, September 22</p>
 <p>Mar</p>	<p><b>YOGA MASSAGE</b> Sunday, March 24</p>	 <p>Oct</p>	<p><b>YOGA REST &amp; RESTORE</b> Sunday, October 20</p>
 <p>Apr</p>	<p><b>SINGING &amp; STILLNESS</b> Sunday, April 21</p>	 <p>Nov</p>	<p><b>JOURNALING WITH YAMAS &amp; NIMYAMAS</b> Sunday, November 17</p>
 <p>May</p>	<p><b>DRUM &amp; DANCE</b> Sunday, May 26</p>	 <p>Dec</p>	<p><b>BAREFOOT BOOGIE 2024 DANCE PARTY</b> Sunday, December 15</p>
 <p>Jun</p>	<p><b>MUSIC &amp; MANDALA</b> Sunday, June 23</p>	 <p>Jan</p>	<p><b>VISION BOARD 2025</b> Sunday (DATE TBD) 1-4 pm</p>

ALL WORKSHOPS TAKE PLACE 1-3 PM (EXCEPT FOR  
JANUARY'S VISION BOARD WORKSHOP) AT THE  
MARKHAM GO STATION COMMUNITY CENTRE