



Mindful Mondays

Unplug & Recharge with Yoga



Every Monday



In-person: 12:00 - 12:25 PM
Virtual: 1:00 - 1:25 PM



In-person:
705 Progress Avenue, Unit
101 Toronto, ON M1H 2X1

Virtual: Zoom Conference



For CASSA members and partners only. Available in Hindi and Bangla.



To register, please email fahrina@cassa.on.ca and qurat@cassa.on.ca

After enduring the challenges of a strenuous workday, whether it's mental stress or physical fatigue, it's crucial to master the art of unplugging and rejuvenating your mind and body. This brief but impactful session is designed to empower you with a refreshed mindset and energized body, allowing you to return to your work with renewed positivity and mindfulness.

Session Highlights

1. Meditation:

- Immerse yourself in the power of mindfulness to calm the mind and sharpen focus.
- Experience guided meditation for stress reduction and enhanced mental clarity.

2. Breath Work:

- Learn effective breathing techniques to promote relaxation and boost energy levels.
- Acquire practical techniques for stress management and fostering a sense of calm.

3. Gentle Stretch:

- Release tension and enhance flexibility through gentle stretching exercises.
- Explore desk-friendly movements to alleviate stiffness and improve posture.

4. Face Yoga:

- Discover facial exercises designed to relax facial muscles and alleviate tension.
- Learn techniques to enhance circulation and promote a natural, radiant glow.



Mindfulness Moments Unplug & Recharge with Yoga



Every Tuesday,
Wednesday, and Friday



Choose from sessions of
10, 20, or 30 minutes,
available between 9:30 AM
and 4:00 PM.



Virtual: Zoom Conference



For CASSA members and partners only: Elevate your staff meetings, events, workshops, or conferences by incorporating a personalized mindfulness session, available in Hindi and Bangla. For inquiries, please contact fahrina@cassa.on.ca and qurat@cassa.on.ca.

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