

WILD WEEKDAYS AT THE TORONTO ZOO

FRIDAY YOGA

Whether you are looking to become more fit, flexible or just relax your mind, our Friday Yoga sessions will be a great way to end a hectic week. Our instructors will work on breath control, simple meditation, and yoga positions suitable for all abilities. Participants are asked to wear suitable clothing, bring water and a yoga mat. Yoga mats will be available to rent for \$2. Each class is approximately one hour in length and participants will be required to fill out a waiver.

Schedule subject to change without notice. Not suitable for children.

Time: 9:30 am to 10:30 am & 11:00 am to 12:00 pm

First come, first served. Please arrive 15 minutes prior to class.

Classes start promptly at 9:30 am and 11:00 am

Location: Toronto Zoo Special Events Centre

Free with Zoo admission

