



THRIVE WORKSHOP



GENTLE RESET:

YOGA FOR MIND-BODY RELAXATION



Harpreet Kaur

Meet The Facilitator:

Harpreet Kaur is a certified yoga trainer through the Heartfulness Yoga Academy with 4 years of teaching experience. She has led sessions across Canada in community spaces, schools, studios, and workplaces.

Her approach focuses on breath as a path to healing, creating a welcoming space for all levels to build strength, stillness, and self-awareness.

What You Will Learn:

- Connecting With The Heart in Every Action—On and Off The Mat
- Mindfulness & Grounding Practices
- Relaxation and Breathwork Techniques for Daily Life
- Gaining Insights Towards Inner Peace



SATURDAY JUNE 20th 2026



2:00 PM – 5:00 PM



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Sheridan College
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ON L6Y 5H9
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