

## July 6 - August 24, 2020 SummerStage Anywhere Presents Meditation Mondays with Karine Plantadit

Company: Capital One CityParks Foundation SummerStage Venue: SummerStage Instagram Location: New York, NY Share | Print | Download



N/A

MONDAY MEDITATIONS WITH KARINE PLANTADIT

July 6, 2020 - July 20, 2020

12:00 pm - 12:30 pm

SummerStage Instagram

Monday Meditations will take over the SummerStage Instagram channel live every Monday at 12:00PM EST for a 30 minute workshop focused on keeping your mind and body happy, healthy and active with guest host Karine Plantadit, former Alvin Ailey and Broadway Tony Award nominated dancer (Come Fly Away, The Lion King), instructor, choreographer, certified yoga teacher and life coach.

Capital One CityParks Foundation SummerStageSchedule830 Fifth AveJuly 6, 2020: 12:00pmNew York, NY, 10065July 13, 2020: 12:00pm212-360-2756July 20, 2020: 12:00pmhttps://cityparksfoundation.org/events/monday-meditations/?July 27, 2020: 12:00pmmc\_cid=fa4778a456&mc\_eid=778777f9b0August 3, 2020: 12:00pm

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