

July, 6-20, 2020

## Monday Meditations with Karine Plantadit

Company: SummerStage Anywhere  
Location: New York, NY

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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.

SummerStage Anywhere  
Instagram  
New York, NY, 10019  
<https://www.instagram.com/summerstage/>

Schedule  
July 6, 2020: 12:00pm  
July 13, 2020: 12:00pm  
July 20, 2020: 12:00pm

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