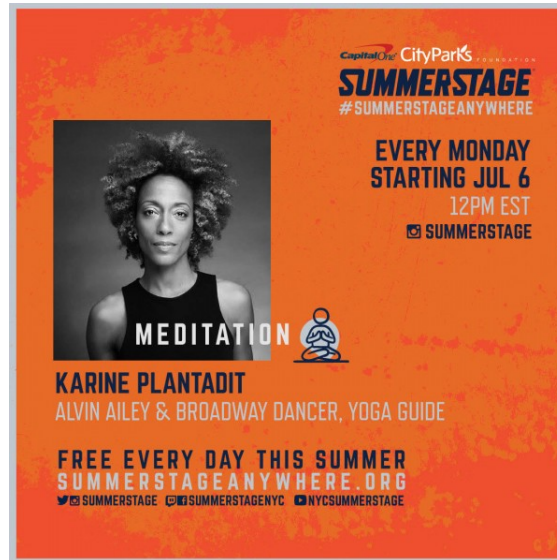


July 6 - August 24, 2020

## SummerStage Anywhere Presents Meditation Mondays with Karine Plantadit

Company: Capital One CityParks Foundation SummerStage  
Venue: SummerStage Instagram  
Location: New York, NY

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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 SummerStage  
830 Fifth Ave  
New York, NY, 10065  
212-360-2756  
[https://cityparksfoundation.org/events/monday-meditations/?mc\\_cid=fa4778a456&mc\\_eid=778777f9b0](https://cityparksfoundation.org/events/monday-meditations/?mc_cid=fa4778a456&mc_eid=778777f9b0)

Schedule  
July 6, 2020: 12:00pm  
July 13, 2020: 12:00pm  
July 20, 2020: 12:00pm  
July 27, 2020: 12:00pm  
August 3, 2020: 12:00pm  
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