

FOR AUDIENCES

Community Calendar

Volunteering

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

 $\frac{\text{https://cityparksfoundation.org/events/monday-meditations/?}}{\text{mc_cid=fa4778a456\&mc_eid=778777f9b0}}$

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 more

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