

EcoWing Presents

**EVENING
MINDFULNESS
WITH SOFIA
DUGAS**

MARCH 14TH | 7:00 PM

310 4TH FLOOR BALCONY

B.Y.O.T.O.Y.M

**BRING YOUR OWN TOWEL OR
YOGA MAT**



Monday, April 16th

7:30 PM

310 4th Floor

Balcony

Eco-Wing &
the SIG
present



A PLANT
PRESSING
WORKSHOP

With Sophie and
David

