

# Seven Sacred Teachings: Yoga Workshop Session

April 16, 2020 (4:00 pm - 5:00 pm)

Location: Online

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## Seven Sacred Teachings:

### A Maple League of Universities Mindfulness Online Program

The Maple League of Universities is offering Seven Sacred Teachings Yoga Workshops (March 31 – April 17). Seven Sacred Teachings is an Indigenous mindfulness workshop taught by Mi'kmaq cultural teacher Darlene Peters Copeland. Elder Darlene is a member of the Glooscap First Nation community (minutes away from Acadia University) and an Indigenous Student Advisor at Acadia. Acadia Politics professor, Dr. Cynthia Alexander, is a yoga and Pilates (yogalates) instructor locally and internationally. Together, they have been teaching this Workshop at Glooscap First Nation since September 2018.

The Seven Sacred Teachings is a new mindfulness Maple League online retreat program with special guests to advance human and eco-health well-being.

The Seven Sacred Teachings Yoga “Introductory Stress Buster Series” will run from March 31 – April 17, with eight sessions in total, concluding with a celebratory circle on April 17.

### Schedule

- Tuesday, March 31: (4-5 p.m. Atlantic Time)
- Wednesday, April 1: (4-5 p.m. Atlantic Time)
- Friday, April 3: (4-5 p.m. Atlantic Time) #Fridays4Future Practice
- Tuesday and Thursday, April 7 & 9: (4-5 p.m. Atlantic Time)
- Tuesday and Thursday, April 14 & 16: (4-5 p.m. Atlantic Time)
- Friday, April 17: (4-5 p.m. AST) 7 Sacred Teachings Celebratory Circle

**All sessions will be delivered by a BlueJeans link. Meeting ID: 8198229605**

URL: <https://bluejeans.com/8198229605>

[Add this event to your calendar.](#)

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## **Next Five Events**

2020-10-04, 07:00–14:00 [Run for the Cure - CANCELLED](#)

2020-10-04, 12:00–15:00 [Sunday Music in the Garden Room - CANCELLED](#)

2020-10-16 [HOMEcomings WEEKEND @ ACADIA - VIRTUAL EVENT](#)

2020-10-17 [HOMEcomings WEEKEND @ ACADIA - VIRTUAL EVENT](#)

2020-10-18, 14:00–16:00 [Sunday Music in the Garden Room - CANCELLED](#)