



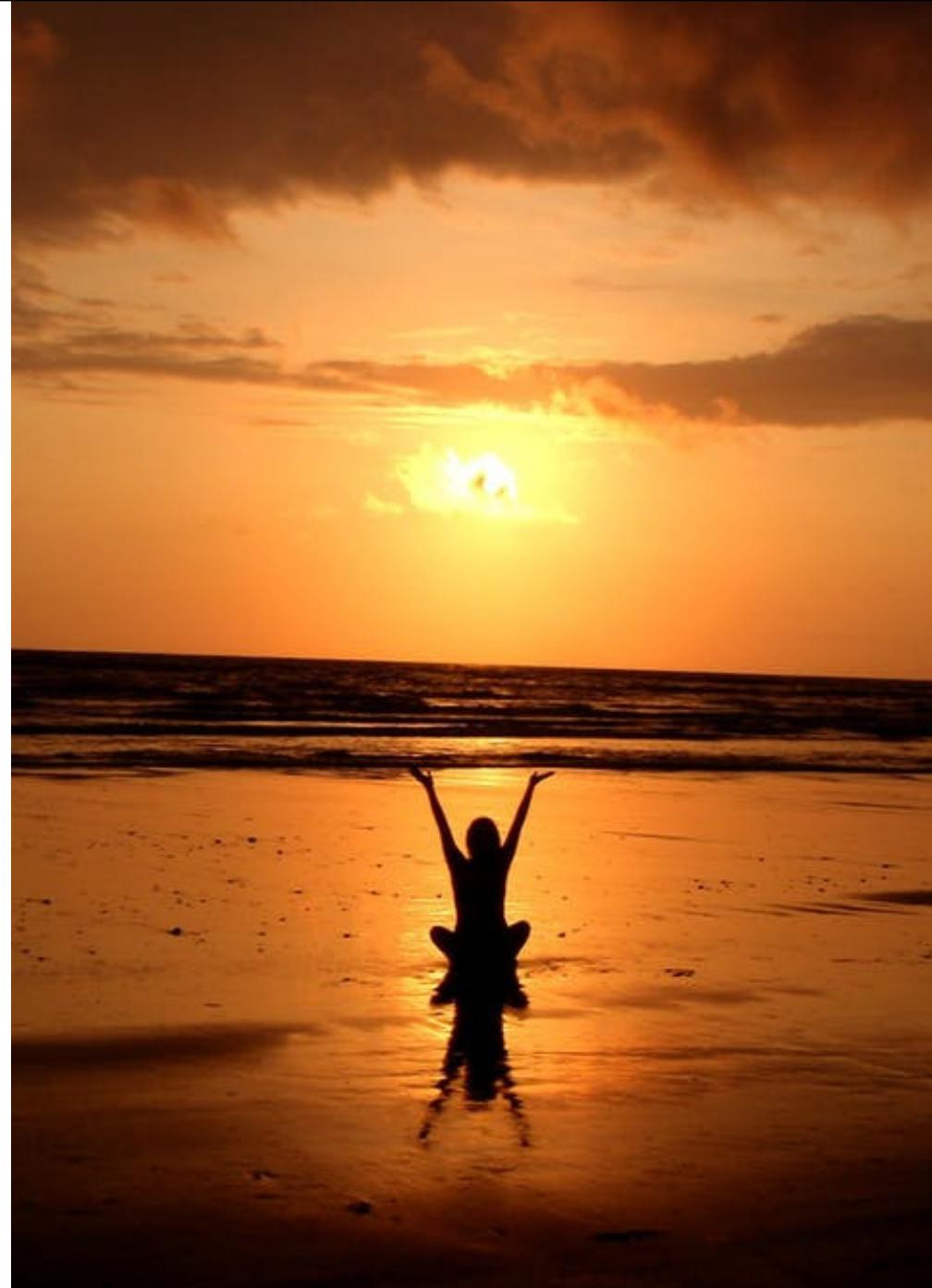
sit meditation studio

Join the mindfulness revolution and help us find a home for Toronto's premier meditation studio.



WHAT IS SIT MEDITATION STUDIO?

Studio Sit is an accessible, urban drop in meditation studio in downtown Toronto that offers community focused meditation classes all coming from a mindfulness based philosophy. Sit offers guided group meditation classes, private sessions, corporate programs and workshops/courses.



ABOUT THE CO-FOUNDERS

Michael Apollo & Jennifer Young



Michael Apollo is the Founder of A Mindful Society, one of the largest mindfulness conferences in the world, and is President of MGC a corporate consulting firm that brings mindfulness and mental health to the workplace. His programs have been experienced by over 1 million people worldwide. He leads the mindfulness professional training program at the University of Toronto and is an international educator on mindfulness, resilience, and emotional intelligence.

Michael has travelled and trained in meditation extensively throughout Asia training with monks in the foothills of the Himalayas, leading yoga and meditation in ashrams in Delhi, and studying Ayurveda in Kerala. Michael is a registered psychotherapist and certified facilitator in mindfulness.



Jennifer Young is an experience strategist and founder of Plum Consulting. She has extensive experience working with national and international retail brands, having worked in New York, London and Toronto for the past twenty plus years. Her work focuses on uncovering the what and creating the why - the stories that will ultimately connect consumers to their brands and designing experiences that will truly resonate. Most recently, she has created new brand environments for Bank of Montreal, Telus, Affinity Credit Union and Simons Maison across Canada. Jennifer is an avid traveller, culture fiend and mother of a delightful ten year old boy. She is a dedicated practitioner of yoga and mindful meditation and is currently completing her mindfulness meditation certificate program at University of Toronto.

SEARCH REQUIREMENTS

1,000 - 1,500 square feet on a main or second floor in central Toronto

On a subway/streetcar line

Visible parking (street)

High traffic area

Areas of interest include:

1. Davisville (N), Spadina (W), Dupont (S), Yonge (E)
2. Queen (N), Parliament (W), Front (S), Broadview (E)
3. Queen (N), Strachan (W), King (S), Spadina (E)
4. College (N/S), Dovercourt (W), Bathurst (E)
5. Dupont (N), Bathurst (W), Harbourd (S), Spadina (E)
6. Adelaide (N), Church (W), The Esplanade (S), Lower Jarvis St.



DO YOU HAVE A POTENTIAL SITE IN MIND?

Opportunities invited by:

Robert Eklove

Vice President, Urban Retail

Sales Representative

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