



# The Centre for Mindfulness Studies

## ROOM BOOKINGS

The Centre for Mindfulness Studies offers room bookings in the heart of the Arts and Fashion district of Toronto.

Our facilities are ideal for meetings, rehearsals, yoga classes or special events.

All proceeds from your booking supports our mission of bringing free mindfulness-based therapy to disadvantaged Torontonians.

### WHY HOST YOUR EVENT AT THE CENTRE?

- Affordable rates from \$25-\$35/hour, with discounts for non-profits
- All facilities are wheelchair accessible
- Street parking and four nearby Green P parking lots
- WiFi, tables, chairs and whiteboards available at no extra cost



**GABRIELA ROOM**  
 27'3 x 30' (871.5 sq. ft.)  
 Capacity: 40 people or 25-30 for yoga



**CARMENA ROOM**  
 30'6 x 19'3 (587.1 sq. ft.)  
 Capacity: 25 people or 15-20 for yoga

Per hour rates:	Non-profits		Regular	
	Weekends/ Evenings	Daytime	Weekends/ Evenings	Daytime
CARMENA	50	25	60	30
GABRIELA	60	30	70	35



First rental minimum charge is \$100 and a \$50 damage deposit is required.

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