

A Markham woman is recovering after being grazed by a bullet during terrorist attacks in Mumbai.

Helen Connolly, yoga teacher and owner of Ah Yogahh Yoga and Meditation Studio, has been released from hospital and is now staying with a host family, according to Bobbie Garvey, the vice-president of the Synchronicity Foundation.

Ms Connolly, along with 24 other participants, were in Mumbai on a spiritual retreat organized by the foundation.

On Wednesday, a series of concerted gun and grenade attacks began in various spots in the Indian city, including two luxury hotels.

Ms Connolly and the rest of the retreat were staying at the Oberoi Hotel.

At least 288 people have been injured in the attacks and at least 119 are dead.

Another Canadian and two Americans attending the Synchronicity retreat were also shot.

Two more participants are unaccounted for.

— Files from The Toronto Star

