

# **METUCHEN PUBLIC LIBRARY**

## **Holistic Yoga**



You don't need to know anything or be extremely flexible. You don't even need to have a yoga mat! (But if you do, please bring one) Just show up, breathe and relax into unexpected experience of self-discovery.

Class consists of 40 min. of warm-ups and exercises, 10 minutes of meditation and 10 minutes of yoga breathing.

**In order to continue these classes beyond the current session, we request a small donation. The suggested donation is \$5.00 per class, but any amount would be helpful. Thank you.**

### **Date and Time:**

#### **Fridays at 10:30am Sharp**

November 2, 2018

November 9, 2018

November 16, 2018

November 30, 2018

December 7, 2018

December 21, 2018

December 28, 2018

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