

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

January 11, 2019

January 18, 2019

January 25, 2019

February 1, 2019

February 8, 2019

February 15, 2019

February 22, 2019

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