

# METUCHEN PUBLIC LIBRARY

## Welcome to Integral Yoga!



Each hour of class includes chanting, eye exercises, yoga postures, deep relaxation, breathing techniques, and meditation.

Please bring a yoga mat, wear loose fitting clothing, and abstain from eating at least an hour before class, or eat only a light snack if needed.

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

Aug. 30, 2019

Sept. 13, 2019

Sept. 27, 2019

Oct. 11, 2019

Oct. 25, 2019

Nov. 8, 2019

Nov. 22, 2019

Dec. 6, 2019

Dec. 20, 2019

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