

METUCHEN PUBLIC LIBRARY

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

January 3, 2020

January 17, 2020

January 31, 2020

February 14, 2020

February 28, 2020

March 13, 2020

March 27, 2020

April 7, 2020

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