METUCHEN PUBLIC LIBRARY

Integral Yoga Hatha
Online Class
Fridays from 9:30-10:30 am

Join our instructor Theresa Jefferson as she leads you through an hour of yoga, including deep relaxation, breathing techniques, and meditation, all proven to help lower the feelings of anxiety and tension.
This is a mat class, so be sure to have yours handy. Wear loose, comfortable clothing, and abstain from eating at least an hour before class, or eat only a light snack if needed.

In order to better protect member and instructor security we are asking participants to register by emailing metuchenpubliclibrary@lmxac.org by 8pm the day before each class and providing your name and Metuchen library card number, as well as an email address. After you have enrolled, you will be sent a confirmation with the log in information.

Any questions? Please email the library at metuchenpubliclibrary@lmxac.org

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This class is paid for by the Friends of the Metuchen Library