

YOGA for everyBODY

❀❀❀ FREE PROGRAM ❀❀❀

Wednesdays from 6 ~ 7p.m.

Improve your well-being through the practice of yoga postures.

Reduce stress, build strength, increase flexibility and
improve balance.

Registration is required. Please sign up at the Reference Desk.

Bring your own mat and wear comfortable clothing.

Sponsored by the Friends of the National City Public Library