

Hampden Public Library

The DVD will start at 6:30 p.m. sharp in the Rochford Reading room.

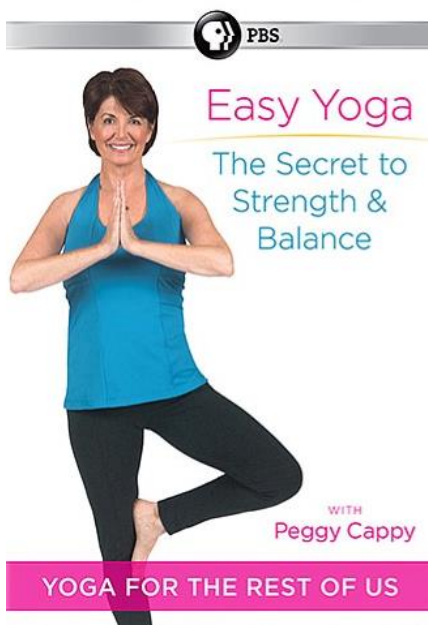
Each DVD is 75 minutes long, so if you are late, just join in!

This is a drop in self-guided yoga group. No registration and no charge.



Thursday night @ 6:30 p.m.

- September 7, 2017
 - October 5, 2017
 - November 2, 2017
 - December 7, 2017
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Thursday Night @ 6:30 p.m.

- September 21, 2017
 - October 19, 2017
 - November 16, 2017
 - December 21, 2017
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