

Yoga for Every-Body



Join us for yoga @ The Hampden Public Library

1st, 2nd & 3rd Thursday nights

6:00 p.m.-7:00 p.m.

September: 5, 12 & 19, 2019

October: 3, 10 & 17, 2019

Wear comfortable clothing and bring a mat, but if you don't have one, yoga mats are available for use during the class.

This class is free and open to the public.

"This class is done at a pace to allow explanation as you learn the practice. We will build a strong and safe practice with emphasis on breath and alignment. Yoga can help build a healthier spine, a stronger and more flexible body and mind, so you can have a stable and balanced foundation from which to live life! Beginners to experienced students will benefit from this class."

Instructor - Sue Kent

Hampden Public Library 625 Main Street Hampden, MA 01036 hampden-library.org