

Women of Strength

"A Woman's strength lies within her smiles"



Women of Strength is an invitation for all women to unite, connect, and embrace the journey of returning home to our true selves. This ongoing series of monthly classes will allow us to discuss, experience and explore the many layers that block our ability as women to love ourselves and others fully and unconditionally.

Tuesday, February 19, 7pm

*"In-Security...
Finding security with IN ourselves"*

Online Registration Opens:

January 14

Out of District Online Registration Opens:

February 4

Through the use of gentle yoga techniques, breath work, self-reflection, affirmational work, discussion and guided relaxation, we will journey together towards restoring, and healing our tired minds and our restless hearts to lovingly return home and unite fully with our own Feminine Inner Strength...

Refreshments and tea will be served



Our thanks to The Friends of the Hillside Public Library for sponsoring this program.

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301, 304; hillsidelibrary.info/events