Loving Yoga with Jenn
Loving Your Mind, Your Body, and Your Spirit

Fall 2019

Using our breath in connection with mindful yoga movement and quiet meditation, we learn how to lay down our burdens, relax our tired bodies and refresh our stressed minds to bring balance to our mind, body and spirit.

Class Dates (9 Sessions):

Mondays, 7pm:
September 9, 16, 23, October 7, 21, 28, November 4, 18, 25

Wednesdays, 7pm:
September 11, 18, 25, October 2, 16, 23, 30, November 6, 13

Online Registration Opens: August 5
Out of District Online Registration Opens: August 19

Non-refundable Fee - $31.50, (Check payable to “Hillside Public Library”)
Checks Collected Outside the Program Room On The First Day of Class

BRING A YOGA MAT, PILLOW, WARM BLANKET & WEAR COMFORTABLE CLOTHING.
PLEASE REFRAIN FROM WEARING PERFUME/COLOGNE, ETC., OR SMOKING PRIOR TO CLASS.

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