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

Spring 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:**
April 1, 8, 15, 22, 29, May 6, 13, 20, June 3

**Wednesdays, 7pm:**
April 3, 10, 17, 24, May 1, 8, 15, 22, June 5

Online Registration Opens: February 25
Out of District Online Registration Opens: March 11

*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, x304; hillsidelibrary.info/events