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

Summer 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:
June 17, 24, July 1, 8, 15, 22, 29, August 5, 12

Wednesdays, 7pm:
June 19, 26, July 3, 10, 17, 24, 31, August 7, 14

Online Registration Opens: May 13
Out of District Online Registration Opens: May 28

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.
PLEASEREFRAIN 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