

# *Loving Yoga with Jenn*

*Loving Your Mind, Your Body, and Your Spirit*

**Winter 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:**

January 7, 14, 28, February 4, 11, 25, March 4, 11, 18

**Wednesdays, 7pm:**

January 9, 16, 30, February 6, 13, 27, March 6, 13, 20

Online Registration Opens:

December 3

Out of District Online Registration Opens:

December 10

*Non-refundable Fee - \$31.50, payable by check – one check per person, please.*

*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](http://hillsidelibrary.info/events)**