

# De-Stress with an Introductory Meditation Class



with Genevieve McDermott  
Director of Meditation Programs at the School of Royal Yoga

Meditation as a way to release and reduce stress. Meditation is helpful for ones outlook on life, for increasing focus and concentration and enhancing relationships. Topics covered will be stretching, breath, benefits, visualization and practice.

Wednesday, January 30 at 7:00 pm  
at the North County Branch Library  
65 Halstead Street, Clinton, NJ

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat  
Please sign up using our new Events Calendar at [www.hclibrary.us](http://www.hclibrary.us) or call (908) 730-6135

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 12/18