



Gentle Yoga & Meditation Classes @ NCB!

Join Janę Schęzar for a class that includes *asana* yoga (stretching) and meditation. The only requirements are an elastic waistband and enthusiasm!

(A mat is optional).

Classes are limited and will be held 3x per month. They can be booked via our website, or by calling the North County Branch Library.

Janę has been teaching since 1999, and is accredited in both yoga and meditation.

(Please remember to cancel if you will not be attending a class!).

Starts Tuesday, January 15 at 12pm

Followed by:

Jan. 22 & 29 Feb. 12, 19, & 26

March 12, 19 & 26

North County Branch Library 65 Halstead St. Clinton, NJ

**For more information or to register/cancel, please call [908-730-6135](tel:908-730-6135),
or click on the Calendar of Events at www.hclibrary.us.**