



Yoga and Art Therapy for Relaxation

with Cathy Rosa, Certified Art Therapist and Registered Yoga Instructor

With the hustle and bustle of daily life, who couldn't benefit from a night of self-care? Join Cathy Rosa, Board Certified Art Therapist and Registered Yoga Instructor, as she guides you through a series of gentle yoga poses, guided meditation, and deep relaxation session. Art materials will be provided and will be used to explore, express, and to play. No prior Yoga or art experience is necessary. Please bring a yoga mat and wear comfortable clothing. Space is limited, so you must call to register!

Wednesday, September 27 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 call (908) 730-6135 or click on the Calendar of Events at www.hclibrary.us

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. 8/17