



**For Adults**

# South Brunswick Public Library

110 Kingston Lane, Monmouth Junction, NJ 08852 732-329-4000 x 7290 [www.sbpl.info](http://www.sbpl.info)

## Yoga



### • 5:30 p.m. Mixed Level Yoga & Meditation

6-Class Fall Session: Thursdays at 5:30 p.m.  
Sept. 7, 14, 21, 28; Oct. 5, 12

**The \$72 is due at the time of registration.**

The class includes a one-hour period of yoga instruction, with 1/2 hour of meditation to follow.

### • 7 p.m. Mixed Level Yoga

6-Class Session: Thursdays at 7 p.m.  
Sept. 7, 14, 21, 28; Oct. 5, 12

**The \$72 is due at the time of registration.**

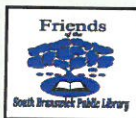
This is a new Yoga class with a new instructor. It will be on Thursdays, at 7 p.m. in the old Yoga time slot.

**NEW: Register Online or at the Information Desk for Yoga and Tai Chi: Registration can be found at [www.sbpl.info/all-events](http://www.sbpl.info/all-events) on the starting day listing of the class. Here is how to register and pay for a session using the form online. Enter your registration information and you will be offered a Buy Now button to make your credit card payment. **You will not be considered registered with a guaranteed place in the class until you have made your payment.** Payment can still also be made in person at the Information Desk at the time of registration by check or money order made payable to The *Friends of the South Brunswick Library*.**



Bring a large towel and a yoga "sticky" floor mat to class.

**For more information, visit [www.sbpl.info/all-events](http://www.sbpl.info/all-events)**



Did you know most of our Library Programs are sponsored by the *Friends of the Library*? Become a *Friend* by joining online at [www.sbpl.info/friends](http://www.sbpl.info/friends) or at the library

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