

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



### Mixed Level Yoga and Meditation Summer Sessions

Thursdays:

June 1, 15, 22, 25 (four classes)

July 6, 13, 20, 27 (four classes)

August 3, 10, 17, 24 (four classes).

5:30 to 7 p.m.

Meeting Room A/B

This summer there will be three four-class sessions of Mixed Level Yoga with Meditation. The cost \$48 for each session is payable at the time of in-person registration at the Information Desk. Checks or money order made payable to *The Friends of the South Brunswick Library* are accepted.

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

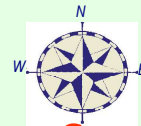
*Taught by certified instructors!*

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

Find more information about our programs in the *COMPASS* newsletter, available at the library or online at [www.sbpl.info/](http://www.sbpl.info/) 2017



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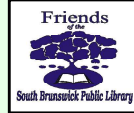
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