

Press Release

Event: **Gentle Yoga**

Date/Time: Saturday, August 4th 11:00 AM -12:00 PM

Contact:

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Free 40 minute Yoga for all ages! A healthy snack will be provided after session. Attire can be loose or athletic, please bring a yoga mat or thick padding if needed for kneeling. Register at:

<https://www.facebook.com/yogimommy247>

Note: Although children are encouraged to participate there will be an activity table available while session occurs and there will be an optional 10-minute meditation after practice for anyone interested.

For more information regarding the event or to register please contact the Reference Desk at 860-447-1411 x5 or go to the library's website at www.plnl.org.