

PUBLIC LIBRARY OF NEW LONDON  
63 Huntington Street, New London CT 06320

**For Immediate Release**

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Gentle Yoga

New London, CT, Saturday, December 8<sup>th</sup>, 2018 – Stop by the library's community room on December 8<sup>th</sup> at 11am for a free 40 minute yoga session for all ages! A healthy snack will be provided after the session. Attire can be loose or athletic, please bring a yoga mat or thick padding if needed for kneeling. 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.

The event is free and registration is required. For more information, please contact the Reference Desk at 860-447-1411 x5, or go to the library's website at [www.plnl.org](http://www.plnl.org). To register for the event, please visit <https://www.facebook.com/yogimommy247>