

Press Release

Event: **Gentle Yoga**

Date/Time: Saturday, June 16<sup>th</sup> from 11:00 AM – 12:00 PM

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Free 40 Minute yoga for all ages on Saturday, June 16, 2018 from 11:00 AM to 12:00 PM. For the best Gentle Yoga experience it is recommended that participants wear athletic or loose and comfortable attire and bring a yoga mat or thick padding for kneeling if needed.

Although children are encouraged to participate there will be an optional activity table available while session occurs.

Note: There will be a healthy snack provided after the session and an optional 10-minute meditation after practice for anyone interested.

This event is free to attend. Please register at <https://www.facebook.com/yogimommy247>.

For more information regarding the event, please contact Madhu Bajaj Gupta at 860-447-1411 x5, [mgupta@plnl.org](mailto:mgupta@plnl.org) or go to the library's website at [www.plnl.org](http://www.plnl.org).