

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

For Immediate Release

Event: Gentle Yoga

Date and Time: Saturday, May 26th 11:00 AM – 12:00 PM

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Join us for a free 40 Minute yoga for all ages! Healthy snack will be provided after the session. We recommend athletic attire or loose-fitting clothing, as well as a yoga mat or thick padding for kneeling if desired. There will also be an optional 10-minute meditation after practice for anyone interested.

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

Register at: <https://www.facebook.com/yogimommy247> or call the library at 860-447-1411 x 5.