

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

**For Immediate Release**

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Yoga for Harmony & Peace: Celebrate International Yoga Day

New London, CT, June 21, 2017 – In celebration of International Yoga Day the Public Library of New London will be hosting Rachna Tewari's Yoga for Harmony & Peace Workshop, Wednesday, June 21 from 5:00 PM to 6:00 PM in the Library's Community Room.

Rachna Tewari teaches both Yoga and Ayurveda in the community and can be found at Blissworks in New London and The Open Space in Stonington. Rachna's classes are woven around a holistic blend of Asana (posture), Pranayama (breathwork), Dhyana (meditation) and Yoga Nidra (relaxation), and she is excited to share this transformative and empowering practice to develop inner peace with you.

Join us in the common Yoga protocol to celebrate the 3<sup>rd</sup> International Day of Yoga! This class is for all ages. Please bring a mat and a water bottle, no registration required.

For more information or to register, 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)