



Namaste

join Angela D. Taylor for
gentle

Yoga & Meditation

Thursdays

Jan 20, Jan 27, and Feb 3
6:00 pm – 7:30 pm

New Rochelle Public Library
First Floor Meeting Room

Gentle Yoga Class

45 minutes, followed by

Creative Meditation

45 minutes, Mandala coloring, Vision Collaging
and/or Writing Prompts - your choice

Register online at
bit.ly/NRPLCalendar

Find the date on the calendar for which
you'd like to register, double click and
proceed with your registration.



Made possible by a grant from the
Friends of the New Rochelle Public Library

Need more info? call: 914-813-3706 or email: communityrelations@nrpl.org

Workshops are free. Advance registration required. Space is limited. Social distancing will be observed. Participants must wear masks.