



Namaste

join Angela D. Taylor for

gentle

creative

Yoga & Meditation

TUESDAYS:

1/10, 2/7, 3/7 & 3/21

6:00 pm – 7:30 pm

THURSDAYS:

1/19, 2/23, 4/6, 4/20 & 5/11

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

Registration is requested at
bit.ly/NewNRPLCalendar
(find the date you'd like to register,
click and proceed with registration)
or call 914-813-3706



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.