

South Plainfield Public Library

Presents

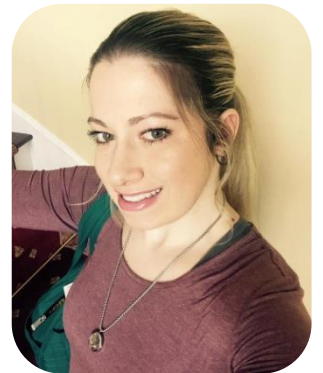
Chair Yoga with Jillian Keller



This yoga program will start with centering and will focus on the neck and shoulder, and six directions of the spine. There will be a deep full body scan meditation at the end.

Monday October 22 at 3:30pm

*** A YOGA MAT IS REQUIRED SO THAT THE CHAIR DOESN'T SLIDE ON THE FLOOR ***



Jillian is a certified, 500-hour level Yoga instructor who supports her students in building inner and outer strength, while emphasizing a gentle, meditative and compassionate approach. In 2006, she completed a level two 500-hour certification with Yoga-Sutra for Life's Director, Ranjitha Sandeep. Since then, Jillian has obtained additional specialized certifications to enrich, expand and enhance her abilities.

Space is Limited to 25 people

THIS PROGRAM IS PRESENTED FREE, BUT PRE-REGISTRATION IS REQUIRED

To sign up, please call the library at 908-754-7885