

# South Plainfield Public Library

Presents

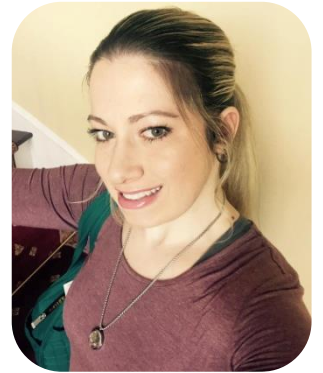
## Chair Yoga with Jillian Keller



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.

Sessions held on July 23 & August 13 from 2-2:30pm

**\* 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