

# South Plainfield Public Library

Presents

## Relax, Tone and Strengthen Your Body with Integral Yoga



Integral Yoga enhances your physical, emotional, intellectual, and spiritual well-being. With practice you can focus your mind, strengthen your body, increase your flexibility and improve your quality of life.

Each session will include warm-up exercises, eye movements, clearly explained yoga postures, deep relaxation, breathing techniques, and meditation.

Please bring a yoga mat, water bottle and wear loose fitting clothing.

Sessions held on July 21, Aug 18, Sept 15, Oct 13, Dec 1 at 2pm

**\* A YOGA MAT IS REQUIRED \***

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

SIGN UP FOR AUGUST SESSION WILL BEGIN AUG 1

SIGN UP FOR SEPTEMBER SESSION WILL BEGIN AUG 27

SIGN UP FOR OCTOBER SESSION WILL BEGIN SEPT 24

SIGN UP FOR DECEMBER SESSION WILL BEGIN NOV 5

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

# LIMIT OF 15