PIMA COUNTY PUBLIC LIBRARY
powering possibilities

Get Moving!

Get your weekend off to a great start and get your heart pumping.

Beginning Yoga

Saturdays, July 9, 16, 23 • 11am-12:15pm

Children's Meeting Room

This beginning Yoga program inspires all body types and capabilities to live well within their bodies.

Anyone can benefit from Yoga! Any person of any body type can get into basic positions and learn to breathe and stretch and relax in a yogi way. Come on by and let Elda lead you into looser limbs and a freer mind. Bring a mat and/or a towel.

Presented by Elda Castro.

Please register by calling 791-4010 or www.library.pima.gov

powering learning

This program is generously funded by the Friends of the Pima County Public Library.