



Namaste

join Angela D. Taylor for
gentle

Yoga & Meditation

THURSDAYS:

Sept 15, Sept 29, Oct 6,
Dec 1, and Dec 15

MONDAYS:

Oct 24 and Nov 14
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

To register email:

libraryevents@nrpl.org



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.