

Brownsdale Library Presents: Adult Yoga & Meditation Class



Six Week class Mondays at 7 pm Brownsdale Community Center

April 28th, May 12th, 19th, June 2nd 9th, 16th

Chair Yoga and Meditation Description:

The therapeutic exercises of Chair Yoga work your entire body from head to toe. The simple, adapted movements are great for people in any condition and can be done anywhere. Chair Yoga promotes well being through correct breathing and stretching in ways that will increase stamina, flexibility, relaxation and ease. Learning meditation practices can help pave the road toward finding lasting peace.

Class instructor: Eve Cowan

The Program is provided by the Brownsdale Grace Gillette Public Library & the Austin Public Library in partnership with the Austin Area Commission for Arts through support from the Minnesota Department of Education Library Services and Technology Act.

Question and for more information contact Deb Smith Librarian at 507-567-9951 or dsmith@selco.info