



WINTER 2020
Mondays at 1pm

Chair Yoga

With Mary Mazzone

ELMONT LIBRARY CARDHOLDERS ONLY
REGISTRATION IS REQUIRED. NO EXCEPTIONS.
SIGN-IN IS REQUIRED AT EVERY CLASS.

REGISTRATION BEGINS TWO WEEKS BEFORE EACH CLASS
PLEASE CALL TO CANCEL IF YOU CANNOT ATTEND.

REGISTRATIONS CAN BE MADE IN-PERSON, ON-LINE OR OVER THE PHONE.

LIMITED CLASS SIZE

January 13.....(Registration begins December 30)

January 27..... (Registration begins January 13)

February 10..... (Registration begins January 27)

February 17.....(Registration begins February 3)

February 24.....(Registration begins February 10)

March 9.....(Registration begins February 24)

March 16..... (Registration begins March 2)

March 23..... (Registration begins March 9)

April 13.....(Registration begins March 30)

April 20..... (Registration begins April 6)

April 27..... (Registration begins April 13)

Enjoy relaxing the body and opening the heart, mind and spirit. Experience classic asanas (postures), meditation, music and chanting in a safe, supportive environment. This is a class suitable for all levels and will help participants learn how to listen to their bodies with gentle stretching and breathing. Regular Yoga practice can reduce stress, increase flexibility and enhance an overall feeling of wellness.

ELMONT MEMORIAL LIBRARY
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