

Lunchtime Yoga in the Library

Lunchtime Yoga

Aberdeen Timberland Library

Thursdays in January

Noon to 1:00 p.m.

Adult Program



Try out two forms of yoga with local instructor **Marisa Luna** at the noon hour.

Both forms offer breathing techniques to enhance the mind-body connection and develop mindfulness. Bring yoga mats, blankets or blocks if you have them; the instructor will bring some to share.

The class is free but space is limited.

Please register in advance online to ensure a space; walk-ins will be first-come, first-served.

Restorative Yoga - January 4 & 18

Get refreshed and relax, focusing on breathing and flexibility.

Power Yoga - January 11 & 25

Energize by moving through yoga flow to build flexibility and strength.

All TRL programs are free and open to the public. The **Aberdeen Timberland Library** is located at 121 East Market Street. For information, contact the library at (360) 533-2360 or visit www.TRL.org.

Timberland Regional Library District provides for the entertainment, information, and lifelong learning needs of Grays Harbor, Lewis, Mason, Pacific, and Thurston county residents at 27 community public libraries and six library service partner locations. The library system is funded mainly by local property taxes, timber tax, fundraising efforts of TRL Friends of the Library, and generous donations by individual supporters. Anyone needing special accommodations to participate in a library's programs may contact the library one week in advance.

CATALOG

LOCATIONS

EVENTS

RESEARCH

