

VIRTUAL



WELLNESS CLASSES
**GENTLE YOGA &
MEDITATION**

**Every Tuesday
January 18 through May 17
6-7:30PM**

Virtual: ZOOM



Join Jim Pochedly, certified Transcendental Meditation **TM**® teacher, for gentle yoga poses with a focus on meditation. Bring peace & stillness into your life! Please prepare by having a mat or blanket.

Please register online at <https://events.erielibrary.org> or call 451-7085.

**Sponsored by the Friends of the Erie County
Public Library.**

