

EDINBORO



OUTDOOR WELLNESS CLASS

HATHA YOGA

Monday, August 8th | 5:00–6:00 PM
Monday, August 22nd | 5:00–6:00 PM



Join Jean Fera, M.Ed., E-RYT 500, certified Hatha Yoga Instructor and discover the mind and body connection. This is a moderately paced, **outdoor** session with a meditative quality under the guidance of an instructor with 20 years of teaching experience. Please bring a yoga mat and wear comfortable, loose clothing.

Registration is required for this program. To register, call the library at 814-451-7081 or visit the events calendar at <https://events.erielibrary.org/>

This program is sponsored by the Friends of the Erie County Public Library.



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