

# YOGA BASICS

*BUILD A BETTER WORLD  
STARTING WITH YOU!*

Interested in learning yoga? This class is great for the beginning student. If you have difficulty getting down on a mat, chairs will be available. You will learn many yoga postures (all postures can be practiced on the mat or chair) and breathing techniques.

*The class will be taught by Danielle Meany, RYT.*

**\*\* Please bring your own yoga mat. No experience necessary. \*\***



*Wednesdays*

**AUGUST 9 + 23, 2017**

*7:00 - 8:00 pm*

**HAZLET TOWNSHIP PUBLIC LIBRARY**

*A Branch of The Monmouth County Library System*

251 Middle Road, Hazlet, NJ 07730 - 732-264-7164 - [www.monmouthcountylib.org](http://www.monmouthcountylib.org)