Healthy Living series

**Yoga**

**May 2024**

**3-week session: Tuesdays ~ 5/21,** **5/28 and 6/4**

**8:30-9:45am ~ Rec Center**

Mary-Jo Antosca will lead us in another Yoga program! Mary-Jo is a certified yoga instructor who teaches Vinyasa style Yoga. Bring a yoga mat, water bottle, and small towel. Wear comfortable clothing. The class is open to adults, ALL levels are welcome. There is no charge for this program.



**RSVP required:**

Christine Collins, Library Director

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