

# YOGA to THRIVE

Join us the 3rd Saturday of each month from  
10:00—11:00 a.m. in the library meeting  
room.

(August 20, September 17

November 19, December 17)



For ages 18 & up and for all experience levels. Low im-  
pact yoga postures that gradually warm up muscles,  
joints and connective tissues. FREE. No registration  
required. Please bring a yoga mat and a small  
blanket or beach towel. Led by registered yoga  
teacher, Martha Dickerson, from Yahoola Yoga  
Studio.