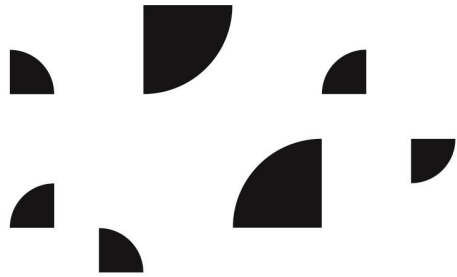


CHICAGO PUBLIC LIBRARY



COMMUNITY YOGA

Sat., Aug. 12, 19 & 26

10-11:15 a.m.

Edgebrook Library, 5331 W. Devon Ave.
Community Room, 2nd Fl.

Join yoga instructor Mary Beth Johnson for a slower-paced yoga class that allows time to explore the fundamentals of yoga and the relationship between mind, body and breath. Each class will build upon the next, working with basic postures, breath work and beginning to link movement with breath. Open to all levels; props and modifications will be provided. Bring your curiosity, a smile, a yoga mat (if you have one) and wear comfortable clothing.



Photo source: Mary Beth Johnson

**Sponsored by the Edgebrook
Community Association**

Registration is recommended. Please register for this program by calling (312) 744-8313 or email the branch at edgebrook@chipublic.org.

Ask your librarian or visit chipublic.org for more information.