

Mount Olive Library Presents:

# “Yoga for Beginners”



Our stressful lifestyles are the cause of many health problems...yoga is an established wellness solution!

This workshop offers simple yoga postures to bring stability and balance to the system; enhance flexibility, strength, and physical well-being. No prior experience of yoga is required.

Participants will have a yoga practice that enables them to experience the benefits of yoga at home.

**Saturday, Sept. 21, 2019 from 10:30am-12pm**  
**in our Gathering Room**

**LIMITED TO: 50 Adults &**  
**(Children: Age 12 & older)**

**\*Please wear comfortable clothing  
and bring both a yoga mat and small pillow**

**Registration Required**

**Call 973-691-8686 Ext. 106 or [click here](#) to register**