

Learn to *b-r-e-a-t-h-e* this summer!

yoga classes

Tuesdays, 7:00 pm-8:00 pm
June 16, June 23, June 30, and July 7, 2009
in the Avon Library's Community Room

Ashwini Belhe, the instructor, studies yoga in India
and has been teaching for over 10 years.

This **free** series will feature introductory Hatha Yoga and Meditation

Please bring a yoga mat and water.
For ages 16+
Drop in; no registration is necessary.

