

yoga classes

7:00 pm-8:00 pm

Tuesdays: Sept 14, 2010 and Sept 21, 2010

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.



Avon Free Public Library, 281 Country Club Rd., Avon, CT 06001
860-673-9712 www.avonctlibrary.info