

FREE ADULT *HYBRID* YOGA CLASSES

SATURDAY MORNINGS AT THE NORTHEAST BRANCH!



TUNE IN VIRTUALLY, OR COME TO THE NORTHEAST BRANCH TO JOIN THESE HYBRID YOGA CLASSES!

THESE ONE-HOUR CLASSES ARE PERFECT FOR THE BEGINNER AND SUITABLE FOR ALL EXPERIENCE LEVELS.

THERE WILL BE A VIRTUAL OPTION AS WELL.

YOGA MATS ARE AVAILABLE!



ANITA IS A CERTIFIED YOGA TEACHER AND HEALTH COACH.

THESE CLASSES ARE PERFECT FOR INDUCING FLEXIBILITY, TONING MUSCLES AND CULTIVATING INNER PEACE.

Northeast Branch
Library
1348 N. 11th St.
Reading, PA 19604



11am-12pm



Have a question?

Please call: (610) 655-6361



To register for the online option:
onlineclasses@reading.lib.pa.us

