

# Palmer Public Library Presents

**Yoga with Joanne Murphy**

**from Palmer Yoga**

**Mixed Level Chair Yoga Classes,  
Doable for Anyone!**

**Four Wednesdays at 6pm**

**April 26, May 3, May 10, and May 24**

**Attending all classes is preferred but not  
required . All classes are free of charge.**

**Please bring a Yoga mat and a blanket.**

**Hatha Yoga is a physical branch of Yoga  
that incorporates postures/movements  
and techniques that address the  
body/mind. Practicing Yoga helps to  
improve flexibility, balance, and  
strength.**

For more information about the classes, please contact  
Joanne Murphy at Palmer Yoga via phone or text at  
(413) 204-2118, or email at [palmer yoga@yahoo.com](mailto:palmer yoga@yahoo.com).

To register, please call the Palmer Public Library  
at (413) 283-3330, ext. 0, or email Joanne Szelag,  
Adult Services Librarian at  
[jszelag@palmer.lib.ma.us](mailto:jszelag@palmer.lib.ma.us).



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