

# Palmer Public Library Presents

## Yoga with Joanne Murphy

from Palmer Yoga.

**Mixed Level Chair Yoga Classes.**

**Anyone can do it!**

**Three Wednesdays 6:00-7:15 p.m.**

**May 16, May 23, and May 30**

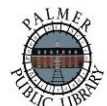
**Registration is required & limited to twenty participants. All classes are free of charge.**

**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 [palmaryoga@yahoo.com](mailto:palmaryoga@yahoo.com).

To register, please call the Palmer Public Library at (413) 283-3330, ext. 100, or email Ben Hood at [bhood@palmer.lib.ma.us](mailto:bhood@palmer.lib.ma.us).



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