

JOHNSON COUNTY PUBLIC LIBRARY

49 East Monroe Street, Franklin, IN 46131

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FOR IMMEDIATE RELEASE

Jan. 13, 2017

Yoga Practice for the Young at Heart

Workshop Presented at the Trafalgar Branch

Franklin, Ind. – Join Mendy Williams, C.Y.T., as she guides a gentle seated yoga practice at the Trafalgar Branch Feb. 27.

This is a wonderful practice for those with less mobility. In this one hour workshop, participants will learn how to safely bring more flexibility to the body while connecting to the breath for bringing more peace to the mind.

For more information or to register, please call 317-878-9560 or visit pageafterpage.org/programs.

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