

Meditation and Chair Yoga

*With Alka Kaminer , Registered Yoga Therapist and
Certified Chair Yoga Instructor*

Mondays

Meditation-12:00-12:30PM

Chair Yoga-1:00-2:00 PM

See the library calendar for Chair Yoga and Meditation dates

Chair Yoga and Meditation classes will take place in the Gallery Room at the Armonk Library

No previous Yoga or fitness exercise necessary!

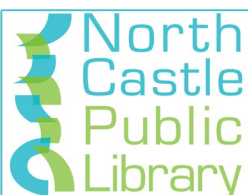
Experience greater flexibility, cardiovascular endurance, improve balance, strengthening and toning of muscles, better digestion, stress reduction, mental clarity, improved breathing, relaxation, and an overall sense of well-being.



Benefits of Meditation include:

- ◆ Increase focus & memory
- ◆ Increase health
- ◆ Reduce stress & anxiety
- ◆ Reduce pain
- ◆ Increase productivity
- ◆ Increase happiness

Yoga and Meditation classes are sponsored by the Friends of the North Castle Library, Inc.



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