



Ridgefield Park Public Library

Empowerment, Enlightenment, Empathy

# BEGINNER YOGA CLASS



You're invited to join us for a free Yoga class every Tuesday!

In this class taught by Ridgefield Park teacher Idania, the Board of Recreation is partnering up with the Library to introduce you to the fundamentals of Yoga poses, including alignment and breathwork.

## When:

MARCH 12, 2024 to JUNE 4TH, 2024 @ 6:30 pm-7:15 pm

## Where:

Ridgefield Park Library Program Room

**AGE GROUP 16+**

*18 and under must have a consent form signed*

*Please bring your own water, mat, and blanket*



There is a limited number of spaces available, so registration is required, scan QRC to register.

**NAMASTE**

