

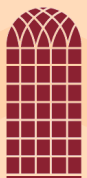
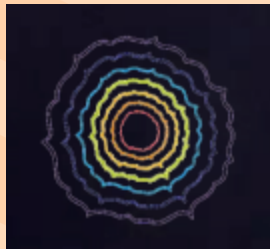
Free Yoga at the Library

Mindful Postures:
Beginners Flow

Thursday mornings
February 1 - March 8
9:30 - 10:30AM
Lecture Hall



*Wear stretchy clothes and bring a mat and water bottle.
Teacher Gabriela DeSousa is from Chakra Power Yoga in
Waltham.*



WALTHAM PUBLIC LIBRARY
Window to the World

