

Introduction to Yoga

All levels welcome. Ages 13 and up.

Part one: Posture Basics: getting to know yourself through yoga postures
Thursday, January 21, 6:30 pm

Part two: Postures and Meditation: bringing stillness into your life
Thursday, February 18, 6:30 pm

Certified yoga instructor **Matthew DeRubertis** will introduce you to a personal yoga practice in this two-part series. "Conscious Yoga" is a simple ancient series of postures done with a gentle, meditative flow that promotes a sense of deep calm and awareness.



Participants should bring their own yoga mats and wear comfortable clothing. Space is limited. Please call 330-836-1081 to register.

Interpretive services are available. Please inquire.



**Akron-Summit County
Public Library**

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www.akronlibrary.org