

Virtual Program



ZOOM - WELLNESS CLASSES

HATHA YOGA

Monday, September 20th & 27th

1 – 2:15 PM



Join Jean Fera, M,Ed., E-RYT 500, certified Hatha Yoga instructor and discover the mind and body connection. This is a moderately paced session with a meditative quality. Please bring a yoga mat and wear comfortable, loose clothing.

Registration is required for this free program. Information for this virtual class will be sent directly to your email account.

To register, call the library at 814-451-7081 or visit the events calendar at <https://events.erielibrary.org/>

This program is sponsored by the Friends of the Erie County Public Library.

