

# VIRTUAL



## WELLNESS CLASSES **GENTLE YOGA & MEDITATION**

**Every Monday  
September thru December**

**6-7:30PM**

**Virtual: ZOOM**



Join Jim Pochedly, certified Transcendental Meditation **TM**® teacher, for gentle yoga poses with a focus on meditation. Bring peace & stillness into your life! Please prepare by having a mat or blanket.

Please register online at <https://events.erialibrary.org> or call 451-7085.

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