

**SATURDAYS
MAR 15 & 22
10:30 AM**

BEGINNER YOGA FOR ADULTS

with Jennifer Fleury, Ed.D., RYT

BLACKSTONE PUBLIC LIBRARY

**86 Main Street Blackstone, MA, 01504
508-883-1931**

Take a break from the stress of daily life with this beginner yoga session designed to release tension and restore balance. Through slow, mindful movement and deep breathing, you'll ease into stretches that enhance flexibility and mobility.

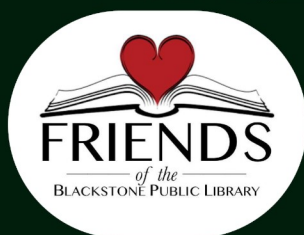
We'll use props to provide extra support, so please bring a yoga mat, blanket, a yoga strap (or belt), and yoga blocks if you have them. All levels are welcome!



With 30 years of experience in fitness instruction, Jennifer began her journey teaching group exercise before discovering her passion for yoga nearly 25 years ago. She is the owner of Auburn Yoga & Pilates, where she fosters a welcoming space for mindful movement. With a doctorate in education, she is deeply passionate about teaching and supporting others in their learning journeys.

Registration is required. Call or come in to register. This program is for Blackstone residents only.

**This event is sponsored
by the Friends of the
Blackstone Public Library**



Contact the Blackstone Public Library at
508-883-1931 for more information.
www.blackstonepubliclibrary.org