

Coos Bay Public Library, in partnership with yoga instructor, Kelli Bosak, presents

COMMUNITY YOGA



FREE virtual class (Zoom)! Foundational group practice includes guided instruction (and live demonstration) of basic postures, simple movements guided by the breath, and accessible exercises to build strength and flexibility. Ease of movement, standing postures, supported postures, and some passive stretches will be integrated. Time will be given to practice breathwork, visualization and meditation. Emphasis placed on de-stressing the body and mind to find a deep calm and inner sense of wellbeing. Appropriate for all levels!

Every second Wednesday @ 6:00pm
Next class: December 14

Register @ <https://bit.ly/3CbG1VR>

*Registrants will need to complete a new student & liability form