

# Introduction to Yoga

## 6-week course

Wednesdays from 12:15—1:00, Jan 24th —Feb 28th



**Free at the Flagstaff City-Coconino County Public Library**

Gain more balance in your life and body for the new year.



Register today for this introductory course. Limited to 12 participants.

Call 928-213-2330



[flagstaffpubliclibrary.org](http://flagstaffpubliclibrary.org)



300 W. Aspen Avenue, Flagstaff, AZ 86001