



Yoga

Let's get in the way of life with a family yoga session

LED BY : Gratitude Griot - Jewell Singletary

Tuesdays, July 5th, 12th, 19th & 26th
11am-12pm

Thursdays, July 7th, 14th, 21st, & 28th
11am-12pm

SPRINGFIELD BRANCH LIBRARY
50 HAYES STREET
NEWARK, NJ 07103
973-733-7736



Be Alive. Be strong. Be Fit. Be relaxed. Be happy. Just be.

Balance your
life

Add yoga into
your life