



YOGA

for beginners

Wednesdays, Jan. 10, 17, 24, and 31st 9:00-10:00AM

Join Ann Mittermeyer for Anusara Yoga; a heart-oriented Hatha Yoga style that emphasizes good body alignment principles. FREE CLASS - Donations appreciated.

REGISTRATION REQUIRED (607) 869-3031



Edith B. Ford Memorial Library

7169 N. Main Street, Ovid, NY 14521