



Iyengar Yoga for Beginners



Fridays, January 11, 18, & 25, 2019,
from 10:30 - 11:30 a.m. in Meeting Rooms 1 & 2

*Single in-person registration for LUFSD residents begins Friday, December 28, at 9:30 a.m.,
at the Circulation Desk, and non-resident registration begins 1/4, at 9:30 a.m.*

*A non-refundable \$9.00 fee, check or money order, made payable to the
Levittown Public Library, is due upon registration. Each registered person must sign a
physical release form prior to the first class.*

**Join Victoria Seff to learn Iyengar yoga and obtain
body alignment, strength, and flexibility.**

Please bring a firm rolled blanket and yoga mat to class.
Bring blocks and a yoga belt if you have them. Wear clothes that
allow you to stretch and avoid eating one hour before class.



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Growing with Our Community

LEVITTOWN PUBLIC LIBRARY

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