

The Pequannock Township Public Library presents:

**Yoga for Stress Relief
With: Kathleen Shannon,
Ramapo College of New Jersey**

**Friday, March 31st, 1 PM
Please call (973) 835-7460 to
reserve a space**



Breathe and relax. Learn how to make the mind-body connections to drain away tension. Simple breath work and stretching techniques induce the relaxation response and awaken natural healing processes.

Instead of lecturing, Ms. Shannon will show participants techniques that induce the relaxation response through simple yoga positions, breathing, and meditation.

Please wear loose clothing and bring a towel or floor mat.



**Pequannock Twp. Public Library
477 Newark Pompton Tpke.
Pompton Plains, NJ 07444
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