

DESTINATION:



SUMMER YOGA SERIES SATURDAYS, 2-3 PM

Kickstart your summer health and wellness with yoga. Rhonda Fentry from Rhonda's Rhythms will lead a 3 part yoga series. Join for one, two, or three sessions. Weather and safety permitting, this program will be socially distanced in the library garden, but may be held on Zoom if necessary. Advanced registration required.

5/8: Chair yoga (chairs will be provided)

6/12: Gentle yoga

7/10: All levels yoga



Brought to you in partnership with River Forest Township

RIVER FOREST PUBLIC

YOUR JOURNEY STARTS HERE

LIBRARY

735 Lathrop 708.366.5205 riverforestlibrary.org