

Spring Into Yoga

Shake off the winter blahs and put some spring into your life with yoga. Instructor Brenda Sanderfoot will show you how to wake up all that dormant energy as you waited for better weather. Please wear comfortable clothing, and bring a yoga mat if you have one.

2 p.m. Sunday, April 2
Sun Prairie Public Library
Community Room

Space is limited! To register,
please call 608-825-0702,
or email sunref@sunlib.org.

If you need accommodations to attend this program, please call 825-7323 two weeks in advance.

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