

## **Library Events – Healthy Living**

### **Community Yoga**

West Oaks Branch

*Sunday, July 9, 3 p.m.*

Step out of your comfort zone and join us for an experience you won't forget! Studies show that regular yoga practice can strengthen muscles, improve bone density, increase cardiovascular health and reduce stress. All levels and body types are welcome. Bring comfy clothes, water and an open mind. Yoga mats will be provided. Children 12 and younger must be accompanied by an adult.

### **Yoga for the Mind and Body**

Orlando Public Library, Albertson Room

*Tuesday, July 18, 6:30 p.m.*

Southeast Branch

*Tuesday, July 25, 6:30 p.m.*

Energize your mind and body as you stretch and strengthen your body through basic yoga movements and beginning postures of sun salutations. Attendees are encouraged to bring their yoga mat and dress in comfortable clothing.