



Central Library Introduces

YOGA FOR CONNECTION

Thursdays, Oct. 10th-Nov. 21st
1-2pm in Helzberg (5th Floor)

This one-hour Yoga practice is for anyone curious about Yoga. Yoga is a practice of movement, meditation and breath-work. In this trauma-informed practice, we will navigate the varied states of the mind and body, and work to cultivate connection and resilience.



Kansas City
Public Library

If you need ADA accommodation to use Library services or attend Library events and programs, please notify us at least 3 business days in advance at 816-701-3409 or ADA@kclibrary.org (TTY access available via 711 or 866-520-7309 for Spanish.)

kclibrary.org
816.701.3400

This program is intended
for individuals 18 years
of age and older.

18+

12/2023