



Central Library Introduces

YOGA FOR CONNECTION

Thursdays, Oct. 10th-Nov. 7th
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.



Sally Urdang - Yoga Instructor



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.)

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816.701.3400

Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. 12/2023