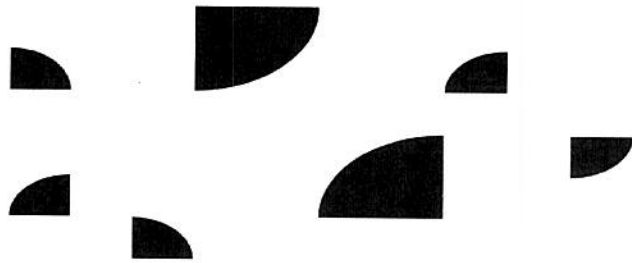


**CHICAGO
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COMMUNITY YOGA

Saturdays, Sept. 3rd, 17th; Oct. 1st, 15th & Nov. 12th
at 11 a.m. - Noon
Coleman Branch

- **Beginners welcome! Participants must be 18 or older. If you have questions about your ability to do yoga, speak with your doctor or medical care provider.**
- **Yoga mats available (bring your own if possible). Wear comfortable clothing, practice yoga with bare feet or socks.**
- **Please arrive on time to warm up with the group.**
- **Participants should be comfortable sitting on the floor & standing up - chairs are available too.**



Ask your librarian
or visit chipublic.org
for more information.

Bessie Coleman Branch, 731 E. 63rd St., 312-747-7760