

# Yoga

**Yoga has started up again! Please come by the library on Thursday mornings.**

We are pleased to announce we have started up Yoga classes again and they are taking place at the J. Turner Moore Memorial Library. Our instructor, Ginny Root, hosts two back to back one-hour classes starting at 10am. The 10am-11am class is a Vinyasa Flow class and the 11am-12pm class is a Restorative session. Each one-hour class is \$10 for Residents and Library Members and \$15 for the General Public.

Please remember to bring cash, your yoga mat, water towel and another other accessories you would typically use.

## ***What is Yoga?***

Yoga is an old discipline from India. It is both spiritual and physical. It is a practice of physical exercise, breath control, meditation, and relaxation intended to promote harmony in the mind, body, and environment. It involves low-impact physical activity, postures (called ***asanas***), breathing techniques (***pranayama***), relaxation, and meditation.

## **Related Links**

- [Calendar](#)

## **Directions**

Address

Council Chambers - Town Hall  
600 South Ocean Blvd  
Manalapan, FL 33462  
United States

[View in Google Maps](#)

**26.5787051, -80.0393209**