

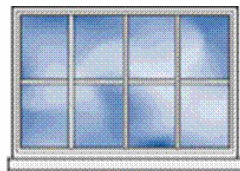


# Surya Namaskar: Sun Salutation Yoga

**Saturday, February 22  
1:00 pm**

Come learn about this modern form of yoga, which incorporates 12 postures that help your overall health, flexibility and energy. Surya Namaskar brings harmony to body, breath, and mind. These gentle yoga postures are suitable for all abilities. This program is for Adults ages 16+. Space is limited!

Registration required. Please call 860-258-7623 to sign up.



**Cora J. Belden Library**

## **Cora J. Belden Library**

33 Church St.  
Rocky Hill, CT 06067 | 860-258-7621  
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