



THE CUTCHOGUE-NEW SUFFOLK FREE LIBRARY

NEW: BODY MIND BALL WORK METHOD IN PERSON

**SUNDAY, JAN. 16,
2:00PM-3:30PM**

Registration required. Fee: \$30

Introduction to myofascial release techniques to use 15 minutes a day to increase ease in your body. This practice can enhance movement in daily life and ease pain and tension. Improve your sleep, breathing, and alignment, preventing injury and improving balance.

Yoga mat and bath towel required.



Cutchogue New Suffolk Free Library

27550 Main Road

Cutchogue, New York 11935 | (631) 734-6360

www.cutchoguelibrary.org/