

Yoga 101 for Teens

Friday, July 8 • 4:00 - 5:00 p.m.

Lewis Auditorium

Whether you're an expert yogi or have never been on the mat – you're invited to Yoga 101 with Maggie Taylor from Amara Yoga & Arts. We'll learn fun poses and breathing techniques. Bring a towel and wear comfortable clothes. We'll cool down with fruit smoothies after class.



The Urbana Free Library

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