

Administration

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FOR IMMEDIATE RELEASE

Sign up now for free yoga classes at the Flagler County Public Library – funded by the Friends of the Library

January 26, 2023 – Sign up now for free beginners yoga classes at the Flagler County Public Library. The first class will be held on February 3 and taught by a certified yoga instructor.

“Sign up periods begin two weeks before each class,” said Chief of Special Projects and Library Director Holly Albanese. “These are beginning classes, and we want to give everyone ample opportunity to participate.”

Classes will be taught by Certified Yoga Instructor Kari Craig from 4 to 5 p.m. on the following dates:

- February 3 (register now)
- February 17 (registration begins February 3)
- March 3 (registration begins February 17)
- March 17 (registration begins March 3)
- April 21 (registration begins April 7 – Good Friday)
- May 5 (registration begins April 21)
- May 19 (registration begins May 5)
- June 2 (registration begins May 19)
- June 16 (registration begins June 2)
- July 7 (registration begins June 23)
- July 21 (registration begins July 7)

Space is limited. Participants must be at least 18 years old and are responsible for bringing their own yoga mats or towels, and bottles of water. All participants are required to sign a hold harmless waiver.

The Friends of the Library of Flagler County fund this and many other programs. To make reservations for the February 3 class, call 386-446-6763, option 2.

Follow Flagler County Public Library on Facebook: www.facebook.com/FlaglerCountyPublicLibrary.

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