



westchester breathes

**FREE WEEKLY
CLASS ON ZOOM**

Participate in a program of gentle movement, breathing and relaxation exercises shown to reduce the experience of stress and have a positive impact on health and well-being. Get ready for the next moment from a place of calm and clarity.

**Mondays 9:30AM & 12PM
January 8 through June 17**

Registration required – come when you can!

[CONVERSATIONS.WESTCHESTERLIBRARIES.ORG/BREATHE](https://conversations.westchesterlibraries.org/breathe)