



*Breathe
with us!*

Westchester Breathes (Breath & Movement Practices)

**Thursdays,
May 21, 28
& June 4**

11am-12pm,
Yonkers Room



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

For more information about Westchester Breathes programs, go to conversations.westchesterlibraries.org/breathes

Register here: www.ypl.org/event/westchester-breathes-109498