



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CONTACT

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Experience gentle yoga with Everett Public Library and Union Yoga Co.

EVERETT, WA – Take a deep breath and get ready to unwind with an evening of gentle yoga on Tuesday, Nov. 10 at 6 p.m. This [free online class](#) will be hosted by the [Everett Public Library](#) and led by Kari Bayha of [Union Yoga Co.](#), Everett’s new downtown yoga studio.

Whether you’re new to yoga or an experienced yogi, join us to explore the power of yoga for stress relief, relaxation and joy. This gentle yoga session is appropriate for all fitness levels. Let Kari lead you through a restorative yoga practice with gentle movements and breathing techniques in the comfort and privacy of your own home.

No previous yoga experience is required to participate in this class. We recommend you prepare for this class by wearing comfortable clothes, bringing a mat or towel, and making sure you have plenty of room to move.

This program is free and open to the public. It will be presented live on Crowdcast and will be available again for later viewing. Visit the event page at www.crowdcast.io/e/gentleyoga to save your spot.

Visit epls.org or call 425-257-8000 to learn more about this event and other library programs and services.

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