



# Yoga

at the Library

***Join Sangeeta Pathak of Divine Dancing Yogi  
for free Yoga @ the Library***

**Detox and De-stress Monday evenings 7 to 8 p.m.**

**April 2, 9, 16, 23, 30**

Enjoy the harmonizing benefits of yoga through this practice of stretching and strengthening, breath work, relaxation, and meditation. This class provides clear instructions and modifications, making it accessible to practitioners of all levels. Open to all over 18 years of age. Bring a mat and water.

Sangeeta Pathak with Divine Dancing Yogi is a 20-year practitioner and has completed over 500 hours of training both in India and the USA. As a yoga teacher, she brings a unique perspective of traditional yoga suited for our modern lives with a strong mind-body connection.

**To register, email [fmpl@flower-mound.com](mailto:fmpl@flower-mound.com) or call 972.874.6165**



Flower Mound Public Library  
3030 Broadmoor Lane  
972.874.6200  
[www.fmlibrary](http://www.fmlibrary)