

DUNEDIN PUBLIC LIBRARY

RESTORATIVE

YOGA &

MINDFULNESS

Join us in gentle stretching and soothing guided meditation together to melt away tension and replenish your energy.



Friday, February 27 at 3PM

Participants are encouraged to dress in comfortable clothing and bring a yoga mat, pillow, and blanket to create their own cozy, supportive space.

Dunedin Public Library
223 Douglas Ave
Dunedin FL 34698
727-298-3080
www.dunedin.gov/library

reallygreatsite.com

