

# GENTLE YOGA WITH DANIELLE

**DATE:**  
Every Saturday  
April 4 thru  
June 27, 2020

**TIME:**  
9:30-10:30 a.m.



Sponsored by:

Maplewood Public Library  
7550 Lohmeyer  
Maplewood, Mo. 63143  
314-781-2174  
[www.maplewood.lib.mo.us](http://www.maplewood.lib.mo.us)



Join Danielle each Saturday for 45-60 minutes of gentle yoga, relaxation, and meditation. No yoga experience is necessary. Please bring your mat and any props you may want. Wear comfortable clothing you can move in, and be prepared to leave your shoes near the door!

Danielle has practiced yoga for over a decade and completed Urban Breath's 200-hour Foundational Yoga Teacher Training in 2019. Danielle sees teaching yoga as a way to strengthen our community connections through meditation, breathwork, and yoga postures. Come and try yoga--or continue your practice of it--on the mat with Danielle!