



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

YOGA AND MORE WITH RETHA SLATED AT SSC LIBRARY

Young Adults, as your school year is winding down, your stress levels may be increasing as exam time approaches and papers are due.

Come to the library for yoga with the well-known Retha Cazel. She has studied and practiced yoga for more than 20 years and is the owner of Corning's Yoga and More yoga studio.

Participants will have three opportunities to take yoga with Cazel at the library for free: May 8, 15 and 22. Each class will be held from 3:30-5 p.m.

Those age ten and up are welcome. Sign up is required. Call (607) 936-3713 ext. 503 or email flanagane@stls.org.

Participants should wear loose, comfortable clothing and bring a towel or yoga mat. Weather permitting; classes will take place at Fallbrook Park, located across Tioga Street from the library.

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Programs made possible by the Friends of the Library
The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.