



FREE
HAPPY
YOGA
HOUR
FOR ADULTS



Open to all levels & flexibility -
experience not required!

**Bring your own mat, block, towel
and/or blanket.**

Wear comfy clothes and bring water.
Classes taught by certified Yoga
instructor Kandy Krampitz Svec.



DATES:
Wednesdays!
Sept. 11-Oct. 30
5:30-6:45pm
***NO CLASS Oct. 2**

LOCATION:

Main Library at Audubon
350 John James Audubon Pkwy
Amherst, NY 14228
Call 716-689-4922 to register.

