

Still the Body, Still the Mind.

Stretch the Body, Stretch the Mind.

2nd & 4th Friday monthly 11a.m.-12p.m.

Too scattered to meditate? Too busy to stretch?

Too stressed to find a good book to read?

Then this 1 hour class is for you!

Join us for a relaxing meditation to bring the body and mind to stillness, then a gentle stretch for the body, followed by a book discussion as we browse through a selection of inspirational favorites to stretch the mind, energize your spirit, and nurture your soul.

"We should sit in meditation for 20 minutes each day, unless you are too busy, then sit in meditation for an hour." ~Zen Proverb

Register by email to nboutreach@mycpri.org

Or call the Reference Desk at 252-638-7807 for more information.

www.MyCPRL.org

Masks recommended. Chairs will be provided or you can bring your own yoga mat.

Class will be held at:
New Bern-Craven County Library
400 Johnson Street, New Bern
252-638-7807

