



Poetry in Motion

presented by
the *Friends of the Little Falls Library*

~ at the Little Falls Public Library ~

- **Saturday March 23rd 11:00 am to 12:00 noon**
- **Wednesday April 10th 7:00 to 8:00 pm**
(you can attend *either* session, or *both!*)

Poetry in Motion is a blend of yoga and movement arts related to poetry and enlightened, mindful readings, guided by Francesca Silvano, certified Yoga, Pilates, and Movement Therapy instructor.



Note:

- You do not need to be “athletic” or flexible for yoga, just willing to try the gentle movements.
- Dress comfortably, and bring a large towel or yoga mat to use on the floor.

Cost: \$8 per session
(Friends of the LF Library members pay \$5 per session)

Note: The “cost” is a tax-deductible “donation” to the Friends of the Little Falls Library, a 501(c)3 organization.