



ARE YOU A WRITER? HERE'S AN OPPORTUNITY TO EXPLORE YOUR CREATIVITY IN A NEW WAY

Both yoga and writing are journeys into the self

In January we will be starting a new 8-week workshop. Each session will have times for practicing yoga and doing writing exercises. You will be able to share and discuss your writing with the other participants. At the end of the 8-week workshop you will have a collection of work that you can put together into a scrapbook that can be shared with your fellow writers, family and friends. The workshops are designed to get to the heart of expressing your voice through writing and yoga

Come and see if it's for you

The one-hour introductory workshop on December 28 will be a taste of what to expect during the 8 week workshop. This introduction will give you the opportunity to gauge whether or not you're ready to commit to an 8 week period of practicing yoga and writing once a week in a group environment. Bring a mat, blanket or cushion to sit on and your writing tools.

THURSDAY, DECEMBER 28 at 6:00 p.m. Space is limited. Sign up at the Reference Desk.

LAPL



Hyde Park – Miriam Matthews

Branch Library

2205 W. Florence Ave.

Los Angeles, CA 90043

323-750-7241

www.lapl.org

For ADA accommodations, call (213) 228-7430 at least 72 hours prior to event.