



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

Join a new 8-week workshop which combines yoga and 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

Bring a mat, blanket or cushion to sit on and your writing tools

SESSIONS ARE EVERY MONDAY at 6:15 p.m.

Starting January 22 and ending on March 19 2018

(No class on February 19)

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.