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CITY OF PALMDALE
NEWS RELEASE

CONTACT: John Mlynar
PHONE: 661/267-5115
DATE: October 17, 2016

Palmdale City Library to Host Free Yoga Class This Saturday

PALMDALE – The Palmdale City Library will host a free yoga class led by local yoga group “The Yoga Roots” this Saturday, Oct. 22, at 1 pm at the Library, located at 700 E. Palmdale Blvd.

Registration is required and participants may register by calling the Library at 661/267-5600. Participants are encouraged to bring the best experience bring a yoga mat or large towel.

“Yoga brings the mind and the body together,” said Library Associate Shay Hawken. “Breathing deep and relaxing is so beneficial to our overall well-being!”

The Palmdale City Library is open seven days a week. Hours of operation are Monday through Thursday from 10 am to 8 pm; Friday and Saturday from 10 am to 5 pm; and Sunday from 1 to 5 pm.

For more information, please call the Palmdale City Library at 661/267-5600 or TDD 267-5167, or visit www.cityofpalmdale.org/library.

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www.cityofpalmdale.org