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CITY OF PALMDALE
NEWS RELEASE

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Stretch Your Horizons With Free Yoga at the Palmdale City Library

PALMDALE – The Palmdale City Library will host a free yoga session led by local yoga group “The Yoga Roots” on Saturday, Nov. 7 at 1 pm at the Library, located at 700 E. Palmdale Blvd. No registration is required, but space is limited.

“The Yoga Roots have been a great Library partner and we appreciate them sharing their expertise with us,” said Library Director Thomas Vose. “Yoga is a wonderful way to get in shape. If you haven’t tried it yet, now is your chance!”

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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