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**CITY OF PALMDALE**  
***NEWS RELEASE***

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Palmdale City Library's Yoga Class Marks the Start of a Healthy Year

PALMDALE – The Palmdale City Library will host a free yoga session led by local yoga group “The Yoga Roots” on Saturday, Jan. 17 at 1 pm at the Library, located at 700 E. Palmdale Blvd. No registration is required, but space is limited.

“Think healthy this year and see what yoga can do for you!” said Library Director Thomas Vose. “Bring a yoga mat or large towel, and come on by and learn how to relax.”

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](http://www.cityofpalmdale.org/library).

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