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CITY OF PALMDALE
NEWS RELEASE

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Help Fulfill Your New Year's Resolution 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, Jan. 30 at 1 pm at the Library, located at 700 E. Palmdale Blvd. No registration is required, but space is limited.

“Get in shape for the new year by getting into yoga!” said Library Director Thomas Vose. “The Yoga Roots have been a great Library partner and we appreciate them sharing their expertise with us.”

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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