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

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Spring Into 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” this Saturday, May 14 at 1 pm at the Library, located at 700 E. Palmdale Blvd. Registration is required.

“Call us at 267-5600 to register for this free event and you will soon be breathing easier,” said Library Associate Shay Hawken. “Bring a mat or a large towel and get ready to stretch your possibilities!”

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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