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CITY OF PALMDALE
NEWS RELEASE

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Holiday Yoga Coming to The Palmdale City Library

PALMDALE – The Palmdale City Library will host a free yoga session led by the local yoga studio “The Yoga Roots” on Thursday, Dec. 21 at 6:15 pm at the Library, located at 700 E. Palmdale Blvd.

No registration is required for this free class. Bring a mat or a large towel.

“Give yourself permission to slow down during the holidays,” said Library Associate Shay Hawken. “Yoga calms the body and mind, helping you relax fully and be present.”

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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