

# ***COUNTY OF PICKENS***

**Pickens County Library System**

**[www.pickens.lib.sc.us](http://www.pickens.lib.sc.us)**



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Contact:

Jennifer L. Crenshaw,

Public Services Manager

Pickens County Library System

(864) 850-7077 x 185

E-mail: [jenniferc@pickens.lib.sc.us](mailto:jenniferc@pickens.lib.sc.us)

## **Yoga @ Sarlin Branch Library, Liberty!**

Are you looking for some exercise, as well as relaxation? Here's your chance to try a FREE Yoga class! Join us on Tuesday, February 9 from 11am to noon, at the Sarlin Branch Library in Liberty.

All you need are some comfortable clothes and an exercise mat. Don't have an exercise mat? You can borrow one of ours. We will learn and practice some basic stretching and relaxation techniques. If you've never tried yoga, or if you've practiced before, you're sure to get something out of this class.

Participation is free and open to all. For more information stop by or call the Sarlin Branch at 843-5805.