

LITERATURE & LAUGHTER YOGA

Breathe In: Laugh Out

Thursday, April 18, 2024
4:00–5:30 pm

Activities :

- > Combine Yoga & Literature
- > Experience Breathing Techniques that relate to stories
- > Door Prizes for Members
- > Learn more about SVRC

Register Now

 <https://forms.gle/9BhVjrkm5wLx1qGJ7>

 Dixon Park District Facility
1312 Washington Ave.
Dixon, IL 61021

 Contact: Kim Bork
kbork@dps170.org

Members FREE
\$5.00
Non-Members

