



# San Diego Central Library @ Joan A Irwin Jacobs Common

# yoga CLASSES

## Yoga + Juice

Enjoy a yoga class and juice samples from Sol Cal Cafe before the library opens at 12:00 pm. A special sale at the Library Shop will follow.

**Sunday, January 11th | 11:00 am**  
Garden Courtyard

## Yoga + Rare Books

Enjoy a yoga class followed by a special tour inside the Hervey Family Rare Book Room with Historian and Librarian Rick Crawford.

**Sunday, February 8th | 11:00 am**  
Garden Courtyard

## Yoga for Relaxation

An all levels practice consisting of restorative and yin yoga postures with relaxation techniques to create an ideal space of rejuvenation.

**Monday, January 12th | 11:00 am**  
**Monday, February 9th | 11:00 am**  
Shiley Special Events Suite

All classes are offered in partnership with Hale Holistic.

