

# Harp and Flow Yoga

Expand your mind and find calm with a nourishing restorative yoga flow supported by live therapeutic harp music. Kayla Chafe and Mary Robinson will lead you through an hour of gentle yoga accompanied by meditative harp music. The yoga flow and harp music work together to support your physical and mental wellbeing.

This program is suitable for beginners. Bring a yoga mat if you have one and water to drink, and wear comfortable clothing for movement.

## Cornish Library

20 West Gate

Fridays, 1-2 p.m.

September 20, October 18, November 15,  
December 20, January 17, February 21, March 21.



Free. To register phone, visit a branch, scan the QR code, or visit [winnipeg.ca/library](http://winnipeg.ca/library)



*Certified Fitness Instructor Kayla Chafe has over 15 years' experience in health and wellness, and Certified Healthcare Musician Mary Robinson has been an active therapeutic musician for several decades.*