

# 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.

**Millennium Library,  
Carol Shields Auditorium**

251 Donald Street

Fridays, 1:30-2:30 p.m.

October 10, November 14, December 12



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.*

