

# Meditation and Yoga Kriya DVD



Presented by Paula Kenion

Saturday, January 23rd from 10—11:30 am

Waccamaw Neck Library, 41 St. Paul Place, Pawleys Island

*Come enjoy a free class in meditation, breath work and devotional practice that will help relieve stress in the new year.*

Register: [sbremner@gtcounty.org](mailto:sbremner@gtcounty.org)