



**NORFOLK PUBLIC LIBRARY- JORDAN NEWBY ANCHOR  
 DRUM ARTZ YOGA  
 WITH THE DAY PROGRAM  
 JULY 13TH @ 2 PM**

You don't want to miss this!

This program consists of an energetic union of Drumming and Yoga. It works to expand awareness, access energy, cultivate transformation, and have a really good time. We fuse yoga, meditation and mindfulness with African Drumming to improve wellness.

See you there!

