



NEWPORT NEWS PUBLIC LIBRARY
DRUM ARTZ YOGA
WITH THE DAY PROGRAM
SEPTEMBER 14TH, 2022 AT 6 PM EST

You don't want to miss this!

This class welcomes all levels to participate in an energetic union of music, dance and yoga. By combining yogik movements, meditation and mindfulness with traditional African dancing and drumming, the participants will improve their mental and physical health. Most participants will gain strength, improve stamina, express confidence and increase their focus and concentration skills by learning Yogik principles, Djembe drumming and African dance.

See you there!

