



NEWPORT NEWS PUBLIC LIBRARY- GRISSOM BRANCH
 DRUM, AZRT, YOGA
WITH THE DAY PROGRAM

SEPTEMBER 14TH, 2022 AT 6PM

You don't want to miss this!

Energetic union of Drumming and Yoga. This program 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!

