

St. Louis County Library ***News Release: July 13, 2007***
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Art of Living Arrives at St. Louis County Library Thornhill Branch

St. Louis County Library and the Art of Living Foundation present “Yoga of Breath and Mediation” Saturday, July 21, at 10 a.m. and Saturday, August 4, at 10 a.m. at the Thornhill Branch, 12863 Willowyck Drive. The stress management class is a program from the internationally acclaimed seminar based on innovative breathing techniques that reduce stress and heighten mental clarity and awareness. Learn about the tendencies of the mind, the science of breath, and nature of stress; experience a breathing technique, mediation and more. Participants will leave with simple but powerful techniques they can practice every day. The Art of Living Foundation offers courses in 152 counties and has touched 20 million people across the globe. Registration is required. The program is free and open to the public. For more information, call 314-878-7730.

Program sites are accessible. Upon two weeks notice, accommodations will be made for persons with disabilities. Contact St. Louis County Library by phone 314-994-3300, (TDD\TTY) 314-994-9255 or visit www.slcl.org.

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