



# XXX Library presents Health Events

Over the next few months, Libraries NI will be running a series of online events designed to improve your health and wellbeing. To take part in these Zoom sessions, register on the library website: [Events \(librariesni.org.uk\)](https://www.librariesni.org.uk) or ask library staff for more information.

## Chair Yoga

This is a gentle form of exercise suitable for everyone, helping to improve flexibility, concentration and strength as well as boosting mood and reducing stress and joint strain. With facilitator Karen Deery

Tuesday 1 February	2:00pm – 3:00pm
Tuesday 22 February	2:00pm – 3:00pm
Tuesday 22 March	2:00pm – 3:00pm

## Hatha Yoga

This form of yoga focuses on breathing and posture. It helps to increase core strength and can contribute to better sleep and the reduction of stress. With facilitator Edel McGinley

Tuesday 4 January	2:00pm – 3:00pm
Tuesday 8 February	11:00am – 12 noon
Tuesday 1 March	2:00pm – 3:00pm
Tuesday 8 March	11:00am – 12 noon

## Tai Chi

This is a graceful form of exercise involving slow focused movements and gentle breathing techniques. It helps to reduce stress and increases flexibility and balance. With facilitator Jane Burke

Tuesday 14 December	11:00am – 12 noon
Tuesday 11 January	11:00am – 12 noon
Thursday 13 January	11:00am – 12 noon
Tuesday 18 January	11:00am – 12 noon
Thursday 20 January	11:00am – 12 noon
Thursday 10 February	11:00am – 12 noon
Tuesday 15 February	11:00am – 12 noon
Tuesday 15 March	11:00am – 12 noon

Booking essential  
Register with library staff

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