



THURS. DECEMBER 14

6:00PM-7:30PM

WITH

SURYA CHENNAPRAGADA

**COUNTING
BREATHS
MEDITATION**



register at eglibrary.org or call us at 518-477-7476

THURS. JULY 13TH
2:00-3:30PM
WITH
SURYA CHENNAPRAGADA

COUNTING BREATHS MEDITATION

registration opens
June 17



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