

# **I am Yoga with Susan Verde**

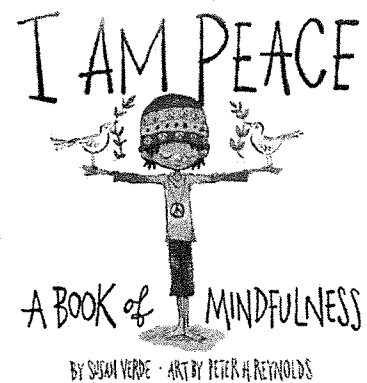
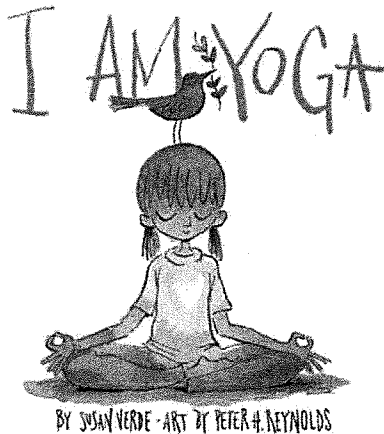
Thursday, February 22 at 11:00 am at  
The Longwood Public Library

Join local author Susan Verde for

- A reading of her best-selling book, *I am Yoga*
- Simple yoga and mindfulness techniques
  - Craft stations

*Books will be available for purchase and autographing.*

Register in person, over the phone or online!



Check out her other wonderful books

including *I am Peace*, *The Museum* and *The Water Princess*.