



# Yoga in the Museum

Isle of Wight County Museum

103 Main Street Smithfield, Va. (757) 356-1223

[www.historicisleofwight.com](http://www.historicisleofwight.com)

7 p.m.

Friday, September 9

September is National Yoga Month. Join us in the museum's main gallery for a session guaranteed to de-stress and relax. Class hosted by RYT Jennifer England.

Class is suitable for beginners. Bring your own mat or blanket.

Can't join us? Follow along at home via Ham Cam:

[www.hamcamva.com](http://www.hamcamva.com)



*Event is free. Donations appreciated.*