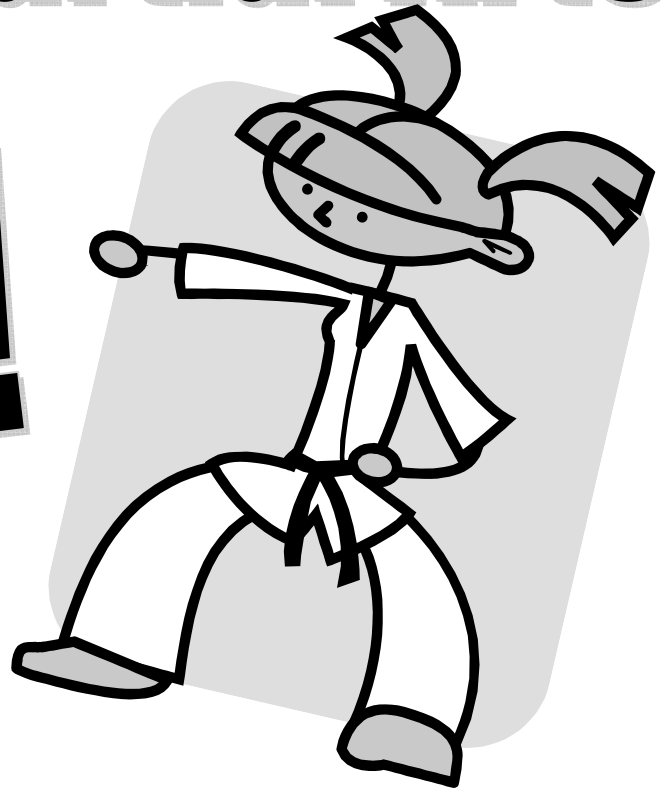


# Yoga and Martial Arts

## Fruitville Library

# VERB!



### Yoga with Rosie from the *Rosemary Court Yoga Studio*

Enjoy learning some basic yoga poses which you can continue to practice at home.

Fridays

June 12, 19, 26

10 a.m. to 11:20 a.m.

### Hwa Rong Do with Jesse from *Tiger Hwa Rang Do*

Learn the Korean martial art which fuses self-discipline and spirituality with fighting techniques involving weapons.

Fridays

July 10, 17, 24

10:30 a.m. to 11:30 a.m.

Open to ages 9 to 13.

Register by calling 941-861-2525 or at the youth desk.

June registration begins May 30.

July registration begins June 29.

Sign up for just one or all 3 sessions.

All classes are open to beginners.

**VERB! is a county-wide program promoting active and healthy lifestyles for 9 to 13 year olds. Check the VERB! website for details on other VERB! events.**

**[www.verbsarasota.com](http://www.verbsarasota.com)**

#### NOTE:

**All VERB! Participants must fill out the waiver form and have it signed by a parent or guardian. Please see the back of this flyer for the waiver.**