

# Breathe & Read

Yoga + Book Discussion

November 1 & 29

12:30-1:30 PM

LRNC 131

Yoga and discussion led by  
Dr. Jennifer Wyatt Bourgeois:

- Professor of Criminal Justice at LSC-CyFair
- Registered Yoga Teacher
- Founder of Pages & Poses, a virtual/pop-up yoga studio with the intention to uplift Black voices in literature through conversation while integrating movement and breath.



*Suggested Reading*

[cflib.info/yoga](http://cflib.info/yoga)



Contact:

[Jennifer.W.Bourgeois@lonestar.edu](mailto:Jennifer.W.Bourgeois@lonestar.edu)

[Rachel.Evans@lonestar.edu](mailto:Rachel.Evans@lonestar.edu)

[cflib.info/yoga](http://cflib.info/yoga)

HARRIS COUNTY  
PUBLIC LIBRARY  
your pathway to knowledge

LSC-CYFAIR  
Library