



South Park Library Winter Programs

Warm up by our fireplace with one (or all) of our afternoon programs this winter!

Sign up today. 412-833-5585

Art Classes—Drawing

No previous art experience is needed to learn how to draw what you see. Students will learn about making accurate and expressive marks to address proportion, shape, and light and shadow to create personal drawings. Each of the three classes will have a different topic to draw, which may include still life's of flowers, fruit or animals.

3 Part Class

Wednesday, February 8 @ 1-2:30pm, Wednesday, February 15 @ 1-2:30pm, & Wednesday, February 22 @ 1-2:30pm

Wednesday Munch & Learn

Kate Kill from the Himalayan Institute will be back to discuss health and wellness. We'll provide snacks and drinks.

Learning to Manage Stress —Wednesday, March 1, 2017 @ 1:30pm

We all feel overwhelmed and stressed out from time to time. Unfortunately, being under stress can have a negative effect on our health. Join us to learn what happens in the body when we experience stress and simple techniques to move back into balance. Leave feeling calm, centered and clear.

Yoga Lifestyle —Wednesday, March 8, 2017 @ 1:30pm

We feel happiest when our life is in balance. Join us to learn simple daily routines that will keep us feeling our best.

Sleeping Soundly —Wednesday, March 15, 2017 @ 1:30pm

When we feel rested, everything else in our lives seems to run more smoothly. In this workshop we will learn techniques that will help us calm our minds and drift towards sleep. Join us and reconnect with the grounded feeling that adequate sleep provides!