

Leslie Walbolt
LIS6523 – Adult Services in Libraries
Library Program Assignment

PROGRAM: SUNSET YOGA FOR ALL

Sunset Yoga for All, held outdoors on the lawn behind the Seminole Community Library, will be taught by Instructor X, a Yoga Alliance certified instructor with a RYT500 level of training, on Thursday, October 14, 2021, from 6 to 7 pm. This hatha yoga class for adults welcomes all abilities and ages for yoga so if it is your first time or your hundredth time doing yoga – this is the class for you. Please bring your yoga mat if you have one; mats will be available for use if you do not.

This FREE program is brought to you thanks to a partnership between the Seminole Community Library, St. Petersburg College, the Seminole Recreation Center, and Friends of the Seminole Community Library.

Wear comfortable clothing, silence your cell phone, stay on your mat, and have fun!

Recommendation for first timers – Arrive about 10 minutes early to meet the instructor and get settled.

Contact Information:

Leslie Walbolt – Librarian I at the Seminole Community Library
Lwalbolt@usf.edu
(555)555-5555

Presenter: Instructor X from the Beaches Yoga Studio. Add brief biography of instructor here.

The Seminole Community Library

in partnership with St. Petersburg
College, the Seminole Recreation
Center, and Friends of the Seminole
Library, presents:

Sunset Yoga for All

A free hatha yoga class
for adults of all abilities &
ages led by Instructor X

**Held outdoors on the lawn
behind the library**

Please bring your yoga mat if
you have one; mats will be
available for use if you do not.

First Timer Recommendation -
Arrive 10 minutes early to meet
the instructor and get settled.

6:00 - 7:00 pm
Thursday, October 14th



Contact Information:
Leslie Walbolt, Librarian
lwalbolt@usf.edu; (555)555-5555

Leslie Walbolt
LIS6523 – Adult Services in Libraries
Library Program Assignment
Materials Needed:

- Yoga Mats – 30
- Sound System set up with headset for instructor (pavilion has electricity so can set up from there)
- Outside string lights for pavilion (even though the sun will still be up it will be good to have extra lighting for instructor)
- 3 signs – one at library entrance, one, at corner of building, and one at event to help people know where to go and announce the event
- Spray bottles, cleaner and microfiber towels to clean the yoga mats
- Rolling cart to bring the yoga mats outside
- Waivers for participants to sign (plus pens and clipboards to facilitate this)
- Check library's insurance policy to ensure coverage of this type of event
- Online or paper survey

Presenter to be Hired: Yoga Instructor, Yoga Alliance certified with independent insurance coverage

Learning Goals:

- Learn mindfulness, deep breathing, and meditation techniques
- Learn flexibility and whole body movements to help and de-stress and relax
- Connect with others around you while doing the sequences together
- Attain a deeper sense of purpose in life and in the community through practicing gratitude during the program
- Establish the library as a place of community working with like-minded organizations

Library Staff Needed: 1 to 2 staff needed to help set up space, move signs, facilitate waiver process, take attendance, make announcements, share survey information

Time of Program: During regular hours since Thursdays are when the library is open until 8pm

Reservations: None needed since it will be outside.

Attendee Limit: Probably due to the number of yoga mats available. Some people will bring their own mats so that will allow additional people to attend beyond the 30 mats Seminole will purchase.

Marketing and Promotion:

- Library Newsletter (Print and Email) + Calendar
- St. Petersburg College Calendar
- Social Media for Library, Recreation Center, and College

Leslie Walbolt
 LIS6523 – Adult Services in Libraries
 Library Program Assignment

- Printed Flyers
- Library Blog Posts
- Announcements through College Groups

Budget:

Sunset Yoga for All Program Budget				
Program Expenditures				
Contracted Services				
Yoga Instructor	\$75 per hour	Funding Source – Friends Group		<u>Total Contracted Services</u> : \$75
Supplies				
<i>Item</i>	<i>Unit Cost</i>	<i>Quantity</i>	<i>Total</i>	<i>Funding Source</i>
Yoga Mats	\$20/mat	30	\$500	Wellness Grant
Outdoor String Lights	\$35 for ~34 ft of 100 lights	2	\$70	Friends Group
Cleaning Supplies for Mats – Microfiber Towels	\$11 for 30-pack	1	\$11	General Program Budget
Cleaning Supplies for Mats – Spray Bottles	\$14 for 12-pack	1	\$14	General Program Budget
Cleaning Supplies for Mats – Vinegar	\$2 for 64-oz bottle	1	\$2	General Program Budget
Cleaning Supplies for Mats – Tea Tree Essential Oil	\$10 for 4-oz bottle	1	\$10	General Program Budget
			<u>Total Supplies</u> : \$607 *Note – the sound system and headset will be provided by the Library and Recreation Center (previously purchased) so that cost is not included	
Marketing	\$30 for print and materials		<u>Total Marketing</u> : \$30 from the General Program Budget	
<u>Total Budget Costs:</u>	\$712 (\$145 Friends Group; \$500 Wellness Grant; \$67 General Program Budget)			

The hope would be that this program event would generate excitement for a yoga class series as part of a regular wellness program at the library. That way the cleaning supplies would not

Leslie Walbolt

LIS6523 – Adult Services in Libraries

Library Program Assignment

be a one-time expense. Further, the plan would involve barcoding and cataloging the yoga mats so patrons could check them out for use at home.

References

Carson, J. (11 May, 2015). *Blog: Yoga in the library*. Programming Librarian.

<https://programminglibrarian.org/blog/yoga-library-0>

Casucci, T., & Baluchi, D. (2019). A health sciences library promotes wellness with free yoga. *Journal of the Medical Library Association: JMLA*, 107(1), 80–88.

<https://doi.org/10.5195/jmla.2019.475>

Johnston, N. (27 July, 2019). [Yoga Class Outside] [Photograph] *Unsplash*.

<https://unsplash.com/photos/2gBpsNuHcyA>

Liz. (17 October, 2017). *Yoga at the library*. Provo City Library at Academy Square.

<https://www.provolibrary.com/blog/1708-yoga-at-the-library>