

El Segundo Public Library

Calm Oasis

A Self-Care Reset.



soundbath



meditation



sip tea



coloring books

TUESDAY, JUNE 9th, 5:30PM to 7:30PM
in the library's Community Room.

Join us for a special self-care reset evening of calm, featuring a soundbath meditation with LaRuth Wright.

Afterwards, enjoy further relaxation while sipping tea and coloring in mindfulness books.

This program is free and welcomes ages 18+ please.

RSVP required by visiting or calling the Reference Desk at 310-524-2728.

Please bring a yoga mat or towel for floor work.

Chairs available for those unable to relax on the floor.

El Segundo
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& LIBRARY**
We Engage... We Inspire... We Play...



111 West Mariposa Avenue, El Segundo, CA 90245