



FOR IMMEDIATE RELEASE  
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### **Relax, Recharge, and Try Ompractice — On NDL**

**Northville, MI:** The Northville District Library is excited to introduce a new wellness benefit for cardholders: free access to live, online yoga and meditation classes through Ompractice.

Ompractice provides inclusive, beginner-friendly yoga and meditation sessions led by certified instructors. Classes are offered virtually, allowing participants to join from the comfort of home. With options designed for all ability levels — including chair yoga and gentle sessions — Ompractice makes it easy for community members to move, breathe, and recharge at their own pace.

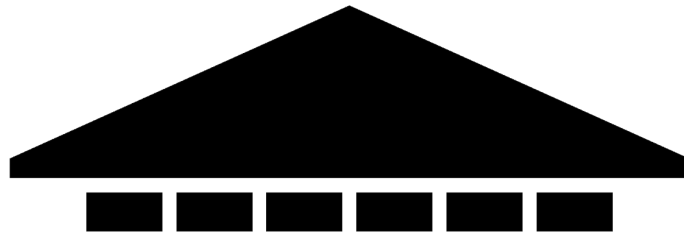
Library cardholders can enjoy free sessions to experience the platform and explore a variety of class times and formats. The service supports the Library's ongoing commitment to lifelong learning, whole-person wellness, and accessible resources for the Northville community. Ompractice is available on NDL's website following this path: [www.northvillelibrary.org](http://www.northvillelibrary.org) > click on the orange EXPLORE tab > click on All Databases in the far left column of menu > click on the "O" tab > click on Ompractice and be ready with your NDL card.

"Libraries are about more than books," said Laura Mancini, Director of Northville District Library. "We're proud to provide opportunities that support physical and mental wellbeing alongside education and connection."

Curious about Ompractice but prefer in-person meetings? Come to the Library on Saturday, June 27 at 10:30 AM. We will be putting Ompractice on the big screen in our meeting room for Seated Chair Hatha Yoga. This gentle practice is considered therapeutic and highly adaptable, and is for ages 18+ only. Yoga poses can be modified to the individual student's needs. This program is a pre-recorded video through Ompractice. Please wear comfortable clothing. No experience necessary. Advanced registration is required through our event calendar on our website.

Northville District Library cardholders can learn more and get started by visiting [www.northvillelibrary.org](http://www.northvillelibrary.org) or contacting the Library directly.

Contact us, by email at: [nortref@northvillelibrary.org](mailto:nortref@northvillelibrary.org), or call us at: 248-349-3020. We are also available on social media: Facebook, Instagram, Threads, Bluesky, and YouTube.



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NDL Hut logo



Ompractice logo



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Images provided by Ompractice, people participating in various physical and mental well-being activities, like Tai Chi, stretching, and yoga.