

YOGA FOR LIBRARY STAFF

A Presentation by: Ruby Zhu

08/02/2026



INFINITE LEARNING

This is a participatory program tailored for library staff members that falls under the category of **infinite learning** in which Stephens describes as library spaces functioning as hubs for encouraging people to learn (Stephens, 2016). As information professionals, librarians and library staff are expected to become facilitators of learning. However, before taking on the role of community connector and collaborator, staff would benefit from direct, hands-on experience that goes beyond prototypes and hypothetical programming. This report will introduce how the process of participating in a yoga program will give library staff the opportunity to gain knowledge about the concept of infinite learning and help nurture the library as a community learning space that connects with people virtually and in the real world.



OBJECTIVES



1

Gain experience participating and perhaps leading special programs in traditional library spaces and see how these programs appeal to wide audiences

2

Adopt yoga exercises (physical postures, breath control, and mediation) as a way to reduce work-related stress

3

Implement yoga as a team-building activity to help build trust, spark creativity, and boost collaboration

4

Assist librarians with curating flexible and personalized learning experiences for patrons' specific needs in physical and virtual environments



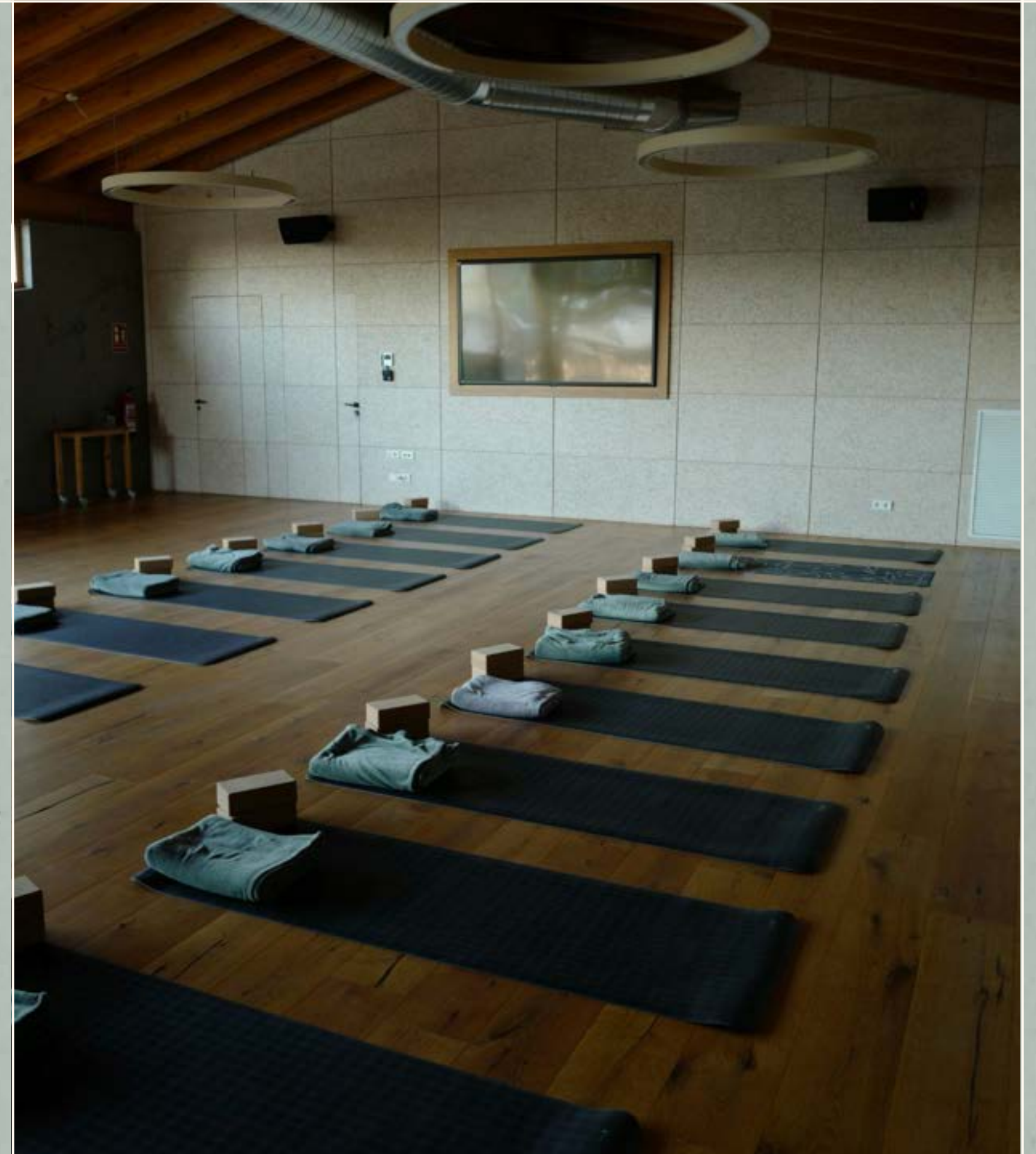
EXECUTIVE SUMMARY

The concept of infinite learning connects wide audiences and facilitates knowledge. By inviting people to participate in special programs, libraries can strengthen community ties and boost all aspects of literacy. Having a public library like the Monterey Park Bruggemeyer Library serve as a collaborative environment that supports learning in all stages of life fosters inclusiveness, innovation, and relevance. Infinite learning and the creation of connected learning environments directly supports the Library's mission statement in forming opportunities and building different forms of literacy.



INTRODUCTION

“Yoga for Library Staff” is a program designed to regulate stress and promote recovery among library staff. At the same time, the program doubles as a preliminary invitation for library workers to learn how to engage communities and connect people from different backgrounds and literacy levels. Yoga techniques are holistic approaches for preventive health and can reduce the psychological and physiological effects of chronic stress; the rewards can be tangible and long lasting (Thornley, 2016). Not only is it a practical way for managing job burnout but also a positive framework that can branch into new projects for intergenerational learning (Nygren, 2014).



A photograph of four women practicing yoga in a lush garden. They are standing on green mats, performing a standing pose with their arms raised. The background features a large green hedge and a building with a balcony. The scene is peaceful and natural.

ORIGINS

- **Infinite learning** is continuous learning without limitations or boundaries. Librarians can support infinite learning by shaping library spaces into an environment that upholds lifelong learning.
- A survey of 983 public librarians in the U.S. and Canada found that 60% said yoga programs have brought new users to the their libraries (Lenstra, 2017). This indicates that the roles of public libraries are constantly evolving, illustrating the ubiquitous nature of library spaces.
- In the 1960s, yoga spread rapidly in the West and slowly evolved into different styles that fit into the busy, urban lifestyle. In the workplaces, it became a valuable tool for “managing stress, improving physical health, and finding inner balance” (Tirumala, 2024).
- In a 2020 study with 43 participating health care professionals, 8 weeks of supervised, group mindfulness-based yoga activities managed to improve scores of personal accomplishment, depression, anxiety, stress, perceived resilience, and compassion among participants (Ofei-Dodoo et al., 2020).

CONTEXT & RELEVANCE

“Yoga for Library Staff” is intended to:

- Benefit library staff in areas of stress relief, brain function and clarity, deep sleep and relaxation, and team bonding
- Educate library staff and help them become facilitators of learning through direct participation
- Encourage the development of future explorations that sustains infinite learning principles and the modern uses of library resources

Infinite learning is a crucial part of Library 2.0 and is evident through common library programs and services such as bookmobiles, family storytimes, and pop-up programs in parks and recreation centers. “Yoga for Library Staff” is a rendition of infinite learning where library workers can 1) participate in a user-centered program and 2) gain knowledge about leading these types of participatory experiences.

The future of LIS practices is user-centered and supportive of infinite learning in social and technological settings. Librarians are encouraged to possess skills that guide flexible learning in different environments. Programs like “Yoga for Library Staff” aim to instill confidence in librarians and give them the capacity to implement community-centered programming in the near future.

IMPACT & APPLICATION

The primary stakeholders of “Yoga for Library Staff” are first and foremost librarians and library staff members who are employed with the Monterey Park Bruggemeyer Library. Other stakeholders may include community members (teenagers and adults), volunteers, and local workforce members.

Limitations & Challenges

“Yoga for Library Staff” related:

- Limited floor area to accommodate all participants
- Noise control during seasons where the library operates as a cooling center
- Lack of privacy where some participants may feel self-conscious or uncomfortable
- Insurance and liability for participants with preexisting medical conditions
- Equipment shortages
- Scheduling conflicts (rooms, yoga teachers, staff coordination, etc.)

Future programming related:

- Lack of funding and/or staffing
- Possible community controversies on sensitive topics
- Insufficient experience and/or oversight in planning

EVIDENCE & EXAMPLES

1

The Yogi Movement

- Yoga program designed for workplaces led by a credentialed teacher. Comes with selections of prices and packages.

2

Body Techniques

- Yoga classes with guided meditation designed to fit with in-office, hybrid, and remote workplaces.

3

Flexible Programs for Inflexible People: Yoga and Accessibility at Academic Libraries

- Brief questionnaire and chair/desk yoga session.

4

Yoga and Mindfulness Techniques for Calm Kids (and Librarians)

- Free, on-demand webinar teaching viewers about techniques for mindfulness and yoga.



IMPLEMENTATION

Step 1

Determine logistics such as finding an instructor, considering a space for the sessions, and gathering equipment for classes. Meet with a legal team to discuss liability and insurance for participants (library staff).

Step 3

Relax! Enjoy the program and experience the collaborative environment. Take a moment for reflection after the program and perhaps explore continued interests.

Step 2

Negotiate good times for yoga classes with certified instructor(s). Consider the duration and frequency of classes. Be mindful of library hours and part-time staff scheduling. Consider virtual or hybrid sessions.

Step 4

Dive into other forms of infinite learning opportunities with newly gained knowledge and follow the Hyperlinked Library approach to transforming platforms, places, and lives.





CONCLUSION

Infinite learning as a motif can be built over time through engagement, experience, and reflection. “Yoga for Library Staff” is a reliable way to jumpstart the journey for librarians, upcoming librarians, and library professionals; it is an extra bonus that also gives them the space to destress and bond with fellow colleagues. Learning experiences like these will build upon the next, shaping and enabling staff members to continuously improve and evolve LIS practices that embody the values of Library 2.0. Granted, not everyone will be yoga-certified by the end of the sessions, but they will be able to adopt and adapt a dependable framework that bleeds into a lifetime of learning.

REFERENCES

Lenstra, N. (2017). Yoga at the public library: An exploratory survey of Canadian and American librarians. *Journal of Library Administration*, 57(7), 758–775.
<https://doi.org/10.1080/01930826.2017.1360121>

Matthews, B. (2013, September 5). Curating learning experiences: A future role for librarians? The Chronicle of Higher Education.
<https://www.chronicle.com/blognetwork/theubiquitouslibrarian/2013/09/05/curating-learning-experiences-a-future-role-for-librarians/>

Monterey Park Bruggemeyer Library. (n.d.). *Library strategic plan*. <https://www.montereypark.ca.gov/1518/Library-Strategic-Plan>

Nygren, A. (2014, August 4). *The public library as a community hub for connected learning*. International Federation of Library Associations and Institutions.
<https://repository.ifla.org/items/fOb3348e-74d1-4170-8415-772d89401a8d>

Ofei-Dodoo, S., Cleland-Leighton, A., Nilsen, K., Cloward, J. L., & Casey, E. (2020). Impact of a mindfulness-based, workplace group yoga intervention on burnout, self-care, and compassion in health care professionals: A pilot study. *Journal of Occupational and Environmental Medicine*, 62(8), 581–587.
<https://doi.org/10.1097/JOM.0000000000001892>

Stephens, M. (2016). *The heart of librarianship: Attentive, positive, and purposeful change*. ALA Editions.
<https://www.dropbox.com/s/gc9ecokb972xgil/HeartofLibrarianship.pdf?dl=0>

Thornley, A. (2016). *Yoga in your library*. Let's Move in Libraries. <https://letsmoveinlibraries.org/wp-content/uploads/2018/05/Yoga-In-your-library.pdf>

Tirumala, R. N. (2024, November 8). *The journey of yoga: From ancient Indian roots to a global movement*. LinkedIn.
<https://www.linkedin.com/pulse/journey-yoga-from-ancient-indian-roots-global-raja-naren-tirumala-zd74c>

Zok, A., Matecka, M., Bienkowski, A., & Ciesla, M. (2024). Reduce stress and the risk of burnout by using yoga techniques. Pilot study. *Frontiers in Public Health*, 12, 1370399.
<https://doi.org/10.3389/fpubh.2024.1370399>

PHOTO CREDITS

Photo by [Alen Kajtezovic](#) on [Unsplash](#)

Photo by [Beth Stevenson](#) on [Unsplash](#)

Photo by [David Whipple](#) on [Unsplash](#)

Photo by [Dmitriy Frantsev](#) on [Unsplash](#)

Photo by [Olga Pukhalskaya](#) on [Unsplash](#)

Photo by [Abhayaranya Yoga Ashram](#) on [Unsplash](#)

Photo by [Margaret Young](#) on [Unsplash](#)

Photo by [Rima Kruciene](#) on [Unsplash](#)

Photo by [Marissa Grootes](#) on [Unsplash](#)

Photo by [Jared Rice](#) on [Unsplash](#)

CREDITS



This presentation template is free for everyone to use thanks to the following:

SlidesCarnival for the presentation template

Pexels for the photos

Happy designing!