



We didn't invent Children's yoga...
we just perfected it!

Storytime & Family Yoga

Bring your family for stories, songs and stretches as we engage in Yoga and Mindfulness!

Join us for storytime and yoga for children, ages 4 - 12 & their family! We will begin with a children's storytime followed by an awesome family yoga class led by Donna Baia of Kidding Around Yoga. There will be music, a game, storytelling with yoga poses, partner poses and lots of fun and laughter as we practice yoga together! Participants will learn yoga poses, plus breathing and relaxation techniques that are useful in our daily lives. Bring a yoga mat if you have one. Some extra mats will be available. No prior yoga experience is needed. All are welcome to attend!

Come and experience the joy of yoga with your family!

Wednesday, April 4, 11 & 18

4:30 - 5:30 p.m.

Registration and parent participation are required.
Register at the librarian's desk or call the library.

Grand Island Memorial Library
1715 Bedell Road, Grand Island
(716) 773-7124



Class is taught by Donna Baia, Certified KAY Teacher.
For more information, please visit, www.kiddingaroundyoga.com/donna.