



Teen Yoga & Stress Relief

Thursday, March 14, 2019 @ 6:30 p.m.

For ages: 12 - 18

- A powerful experiential class designed to give teens an introduction to the practice of yoga.
- This class will equip teens with techniques that can be used for coping with and managing stress in their everyday lives.

Bloom and Grow

Wednesday, March 20, 2019 @ 3:45 p.m.

For: ages 5 - 11

- This children's yoga class is full of animal sounds and play!
- Children will enjoy age appropriate movement, games, songs, and make believe for a balanced kids class with friends.

Space is strictly limited. Please call or visit the Library to register.

Aurora Town Public Library ~ 550 Main Street ~ East Aurora ~ 652- 4440



www.buffalolib.org