Kidding Around Yoga

Pre-K Classes

Send your child on a peaceful journey and join Donna Baia from Kidding Around Yoga for these FUN-FILLED yoga classes for your little ones, ages 3 - 5! There will be music, games and storytelling while we practice yoga poses, mindfulness activities, and playful breathing techniques. The class will end with our special guided relaxation time. Children who practice yoga increase their flexibility, balance and strength. They also learn calming techniques and ways to effectively manage their emotions. For more information, go to kiddingaroudnyoga.com/yogi/donna.

Classes will be held on Thursdays @ 11:00 – 11:30 a.m.

September 26 - Registration begins September 12
October 31 - Registration begins October 17
November 21 - Registration begins November 7
December 19 - Registration begins December 5

(Parent/caregiver is required to stay in the room with their child)

Pre-registration is required.
Call the library at (716) 741-2650 or stop by the librarian’s desk to register.