

Kidding Around Yoga Class For Ages 3-6



**EXPERIENCE PEACE & JOY WITH
YOUR CHILDREN!**

**COME AND ENJOY MUSIC, GAMES,
YOGA POSES, MINDFULNESS
ACTIVITIES, AND A SPECIAL GUIDED
RELAXATION TIME!**

Monday, May 23

11:30 a.m. - 12:00 p.m.

**Register online at <https://bit.ly/lancasterlib>
or call 716-683-1120.**

Registration begins Monday, April 25

Class is taught by Donna Baia, certified KAY teacher

Bring a yoga mat or towel

Parent/Caregiver must remain with their child

Space is limited