



FOR IMMEDIATE RELEASE

February 7, 2013

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~ Media Advisory ~

LITTLE FAMILY YOGA AT THE SPRINGFIELD PUBLIC LIBRARY

Free yoga class for preschoolers & parents

Preschoolers are invited to enjoy a Little Family Yoga class at the Springfield Library on Thursday, February 28, at 11am. Certified instructor Brynne Andrus will help children and their caregivers explore movement in a fun, creative, and supportive way. The class will use songs and playful activities to introduce simple age-appropriate yoga poses, breathing, and focus activities. The program is free and is open to children ages 3-6.

What: Little Family Yoga class for preschoolers

When: February 28, 2013 at 11am

Where: Springfield Public Library Meeting Room

Additional Information: Online at wheremindsgrow.org/kids.html or contact Barbara Thompson at (541) 726-3766