



FOR IMMEDIATE RELEASE

September 12, 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 Tuesday, Sept. 17 at noon. Certified instructor, Brynne Blevins 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: Tuesday, September 17, 2013 at 10:30-11:00

Where: Springfield Public Library Conference Room

Additional Information: Online at wheremindsgrow.org/kids.html or contact Pattiebuff Bear at (541) 726-2243