



## **FOR IMMEDIATE RELEASE**

**October 7, 2013**

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## **~ Media Advisory ~**

### **KIDS YOGA AT THE SPRINGFIELD PUBLIC LIBRARY**

*Free yoga class for children 6-11 years*

Kids 7-11 years old are invited to enjoy a Yoga Class at the Springfield Public Library on Friday, October 11 at 11:30-12:00. Certified instructor Brynne Blevins will help children explore movement in a fun, playful, and creative way. The program is free and is open to children ages 6-11 years.

**What:** Kids Yoga Class for children 6-11 years

**When:** October 11, 2013 at 11:30-12

**Where:** Springfield Public Library Meeting Room

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

### **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, October 15, at 10:30-11:00am. 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 focusing activities. The program is free and is open to children ages 3-6 years.

**What:** Little Family Yoga class for preschoolers

**When:** October 15, 2013 at 10:30-11am

**Where:** Springfield Public Library Meeting Room

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