



FOR IMMEDIATE RELEASE

June 4, 2014

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~ Media Advisory ~

FUN FOR KIDS AT THE SPRINGFIELD PUBLIC LIBRARY

A free yoga class for kids & parents

Children ages 3-8 are invited to enjoy Little Family Yoga at the Springfield Library on Tuesday, June 10 and Tuesday, June 24, at 10:30-11am. 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 will occur the second and fourth Tuesday of each month during the summer.

What: Little Family Yoga class for preschoolers and their caregivers

When: Tuesday, June 10 and Tuesday, June 24 at 10:30-11:00

Where: Springfield Public Library Meeting Room

Additional Information: Online at wheremindsgrow.org/kids.html or contact Emily David @ 541-726-2235

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