Family Yoga

For families with children age 3 years through grade 5.

Yoga basics: breathing techniques, partner poses, guided movements, and games. Leave feeling stretched and relaxed.

Saturdays: June 1, 8, 15
10-10:45 AM

Photographs and videos taken during library programs may be used for library publicity.

Limited registration begins May 22 for SSD residents; nonresidents: one week later (space permitting).
Use child’s own SPL card when registering.
All children under 12 must have a parent/guardian in the building at all times.