

# Preschool Yoga Time

## Event Date

Thu, Jun 27 2024, 2:30 - 3:30pm

Weekly on Thursday at 2:30pm until Thu, May 9 2024

## Recent

- Thu, May 2 2024, 2:30 - 3:30pm

## Upcoming

- Thu, Jul 18 2024, 2:30 - 3:30pm

For children ages 3-5 and their parents. Thursdays at 2:30 at the Park Community Center. Balance, stretch, breathe, sing, and listen to stories! This class will be run by the librarian, not a trained yoga instructor. Join your child as they develop balance, spatial and body awareness, strength, flexibility, coordination and control. Yoga mats will be provided or feel free to bring your own.

Summer Yoga Times: June 27th and July 18th

