

# Preschool Yoga Time

Event Date

Thu, Apr 25 2024, 5 - 6pm

Weekly on Thursday at 5:00pm until Thu, May 9 2024

Upcoming

- Thu, May 2 2024, 5 - 6pm
- Thu, May 9 2024, 5 - 6pm

For children ages 3-5 and their parents. Thursdays at 2:30 at the Park Community Center beginning September 14th. Balance, stretch, breathe, sing, and listen to stories! This class will be run by a 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.

