



Children's Yoga + Stories

Tuesdays • 4:00 - 4:45 p.m.

Join us for story-inspired stretches, music, and child-friendly props! We conclude by using our body, brain, and breath to transition from silly to calm.

Ages 3-8.

**Please bring a
mat or towel!**



San Carlos Branch Library
facebook.com/SanCarlosBranchLibrary
7265 Jackson Dr. • 619-527-3430

