

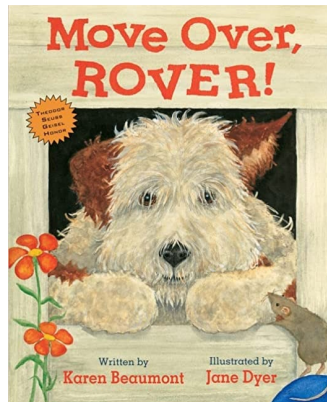


**Sensational Story Time Yoga**  
A Program of The Arc of the South Shore



## **Sensational Story Time Yoga at Tufts Library in Weymouth**

Join us for a magical story time & yoga class that brings the book to life. Our program is inclusive and sensory-friendly. All are welcome!



Day/time:

Wednesday, April 26, 2023 - 4 to 5:00 pm

Place:

Tufts Library in Weymouth

Registration required:

[jbirmingham@arcsouthshore.org](mailto:jbirmingham@arcsouthshore.org)

**Little Bee Yoga** is fun-filled and motivates children to be active, build confidence, and manage the spectrum of emotions in their day-to-day activities. It is stress management for kids! It incorporates cardio conditioning and fun music to teach the children the traditional benefits of yoga: meditation, breathing techniques, peace, and relaxation.