



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, May 24, 2023 - 4 to 5:00 pm

Place:

Tufts Library in Weymouth

Registration required:

<https://arcsouthshore.org/news-events/event-calendar.html/calendar/2023/5>

Email questions to 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.