

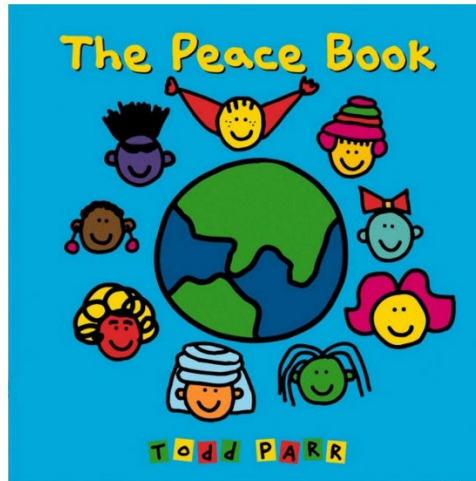


Autism Resource Center



Sensational Story Time Yoga

Join us for a magical story time and fun yoga class that brings the book to life!



Day: Wednesday – April 12, 2023

Time: 4 pm to 5 pm

Place: John Curtis Free Library 534 Hanover Street, Hanover, MA 02339

Registration: Email: jbirmingham@arcsouthshore.org Space is limited!

This is an **inclusive** program, and everyone is welcome! Classes are designed to support individuals/families with Autism. We provide visuals, modifications, support, and assistance to support and enhance the therapeutic experience! Please let us know how we can help!

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 children the traditional benefits of yoga: meditation, breathing techniques, peace, and relaxation.