



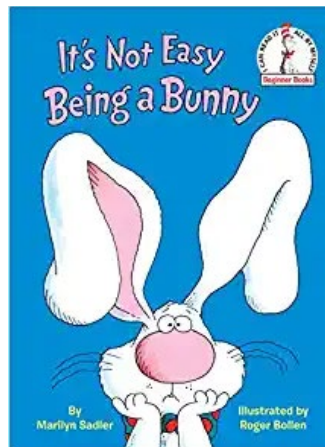
**Sensational Story Time Yoga**

A Program of The Arc of the South Shore



## Sensational Story Time Yoga Outdoor Special Event at The Derby Street Shoppes in collaboration with Barnes and Noble Booksellers

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: Thursday, April 20, 2023 – 11 am to 12:00 pm  
Place: Outside area at The Derby Street Shoppes – Hingham  
Registration required: visit [www.arcsouthshore.org](http://www.arcsouthshore.org) calendar of events

**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.