



FOR IMMEDIATE RELEASE

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**Ivy Child International Presents Parent & Me Yoga
& Mindfulness at the Worcester Public Library**

Will be part of Baby Bounce Storytime.

Worcester, MA – The Worcester Public Library will host Ivy Child International as they present their Parent & Me Yoga & Mindfulness class to babies from birth to 24 months. The program is part of the Baby Bounce Storytime, and will run on Fridays, October 21, November 18, and December 16 from 11:15 to 11:45 a.m.

These sessions offer a warm and supportive environment for parents and caregivers to explore how yoga and mindfulness can introduce a new way to nurture their bond and connect with their infants. Parents will engage with their babies through a gentle yoga practice, baby massage, and other mindful movement. No experience necessary to participate. Attendees are welcome to bring a mat.

WHAT IS MINDFULNESS

Mindfulness is the practice of enhancing awareness, beginning with ourselves and then our surroundings, using breath as the anchor. Deep breathing exercises and self-reflection allow us to pause and respond constructively to any given circumstance. Research on the effectiveness of mindfulness-based techniques indicate a reduction in worry, anxiety, and mental health distress, thereby improving learning and academic performance.

ABOUT IVY CHILD INTERNATIONAL

Ivy Child International was established in 2011. Their vision is to develop children into mindful leaders who will engage responsibly and impact global social change, creating a culture of peace. Their mission is to enhance the social and emotional well-being of

children by recognizing their multicultural needs, using mindful education and positive psychology as a unifying force to inspire resilience and leadership.

Parent & Me Yoga & Mindfulness will be held in the Children's Program Room at the Main Library, 3 Salem Square, Worcester, MA. Registration is not required. This program is sponsored by the Friends of the Worcester Public Library.

For more information on the Worcester Public Library and a complete list of events and programs visit mywpl.org. For more information on the Parent & Me Yoga & Mindfulness program contact Linnea Sheldon, Community Relations and Communications Manager, at 508-799-1654.

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