

YOGA & MINDFULNESS



IVY  CHILD
INTERNATIONAL
Helping Each Child Achieve Their Best

**Saturdays, January 20 & 27 and February 3
10:30 - 11 a.m.**

Tatnuck Magnet Branch

New year, new you! Yoga and mindfulness helps improve your body and your mind by reducing anxiety and increasing feelings of self-compassion. Live in the moment and go with the flow. Ivy Child International offers 30 minutes of yoga and mindfulness for families with children ages 12 and under.

Sponsored by the
Friends of the
Worcester Public Library



Branch Sponsored by:

