

# Ivy Child International presents: Yoga for Ages 3 and under

**Fridays, October 6, 13, 20 & 27, November 3 & 17  
11 - 11:30 a.m.**



Ivy Child International offers 30 minutes of yoga and mindfulness for families with children ages 3 and under. Please bring your own mat or towel.  
Children's Program Room.

**IVY CHILD**  
INTERNATIONAL  
Helping Each Child Achieve Their Best



Sponsored by the Friends of the  
Worcester Public Library  
For more information visit:  
<http://ivychild.org/>