

# Toddler Pajama

# YOGA

Wednesday, December 11th  
6:30-7:15 p.m.

Cora J. Belden Library  
33 Church St., Rocky Hill, CT 06067

*Wear your comfy pajamas and bring your favorite stuffed animal and blanket. Animated animal poses, creative yoga style games, music and chanting will help you and your family get ready for bedtime.*

Participants may bring their own yoga mats or use one provided by the instructor. For children ages 2-5 with their parent or caregiver. Pre-registration is recommended.

*Led by Beth Agdish, a certified yoga instructor for children.*



A program to promote playful, active learning, and healthy lifestyles.

For more information, call the Cora J. Belden Library at 860-258-7621 or go to [www.rockyhillct.gov/library](http://www.rockyhillct.gov/library).