

SPIRIT SCOUTS

Kids Yoga Poses & Creative Movement

Thursdays, June 25, July 9, July 23
2:00 PM - 2:45 PM

Let's have fun! Together we will explore yoga poses and creative movement. Using music, rhymes and storytelling, we will connect with our bodies, spirit and calm our minds. No prior yoga experience necessary. Bring a yoga mat if you have one, but it is not required.

Limited enrollment. [Register](#) one slot per child planning to participate. Register each week separately. *For families with children ages 5-11.*

Facilitated by Ms. Kari Ann Montez, a wellness librarian and Kripalu trained yoga teacher.

Sponsored by the Friends of the Rocky Hill Library.



For more information and to register, visit rhctlibrary.org.



Rocky Hill Library

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www.rhctlibrary.org