

Hearts to Heaven



Make April a month for family wellness and togetherness!

Family Yoga & Meditation

at Howland Public Library

4 Saturday Sessions: April 6,13,20,27
from 10:30-11:30am

For families with children ages 6 & up

LoriAnn Paul of Hearts to Heaven will introduce her unique yoga and meditation program to children and accompanying adults. Yoga is a superb form of physical exercise balancing strength, flexibility, endurance, relaxation and stress management.

Yoga/meditation is particularly helpful for children who struggle with any kind of anxiety, learning challenges, or ADHD.

This fun, age-appropriate class is very child/adult friendly!

Space is limited so we ask that parents/guardians register for this FREE program with Ginny Figlia, Youth Services Librarian 845-831-1134, x.103 or youth@beaconlibrary.org