

# Yoga with Meredith @ the Library



**Two Fridays: 1/11 & 1/25 @ 10:15**



Join us for a 45 minute adventure into  
storytelling and yoga.

With basic stretches, breathing activities,  
music, games, we will bring a story to life with yoga.

Don't forget to bring comfy movement clothes and a smile!

Designed for ages 3 - 5 years.

No registration necessary;  
offered free of charge by Meredith Edelstein

Hamilton-Wenham Public Library

14 Union St

Hamilton, MA 01982

978-468-5577

[www.hwlibrary.org](http://www.hwlibrary.org)