



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

**FOR IMMEDIATE RELEASE**

Date: August 28, 2017  
Contact: Jennifer Lu'Becke, Youth Services Specialist  
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Subject: Yoga Storytime at the Forks Branch Library  
Attached: *Yoga Storytimes.JPG*

A *Yoga Storytime* series will take place at the Forks Branch Library on September 8, October 6, and November 10 at 10:20am. *Yoga Storytime* is a full body experience building early literacy skills and healthy bodies at the same time! This interactive storytime will feature stories, songs, yoga poses, and breathing exercises for children and their caregivers. No yoga experience necessary.

Storytimes at the North Olympic Library System (NOLS) feature picture books, fingerplays, music, and plenty of movement and wiggles. Studies show that children who are read to before the age of five develop essential pre-reading skills, supporting later success in school. Activities such as talking, reading, playing, and singing all play an important role in early childhood development, which is why they are included in storytimes at NOLS. These activities support skill development and encourage children to interact with their caregivers and peers in a fun, literacy-rich environment.

For more information about storytimes and other programs for youth, visit [www.nols.org](http://www.nols.org), call 360.417.8500 x7705, or send an email to [youth@nols.org](mailto:youth@nols.org). The Forks Branch Library is located at 171 Forks Avenue.



*'Yoga Storytime' comes to the Forks Branch Library this fall.*

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