



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

FOR IMMEDIATE RELEASE

Date: September 1, 2017
Contact: Jennifer Lu'Becke, Youth Services Specialist
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Subject: Yoga Storytime at the Port Angeles Main Library and Sequim Branch Library
Attached: *Yoga Storytimes.JPG*

The Port Angeles Main Library will host a *Yoga Storytime* for children ages 4-5 on Tuesday, September 12, at 10:15am, and one for toddlers on Friday, September 15, at 10:15am. The Sequim Branch Library will host a preschool *Yoga Storytime* on Wednesday, September 27, at 10:30am as well as a toddler *Yoga Storytime* on Thursday, September 28, at 10:30am. *Yoga Storytime* is a full body experience that builds 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, call 360.417.8500 x7705, or send an email to youth@nols.org. The Port Angeles Main Library is located at 2210 South Peabody Street. The Sequim Branch Library is located at 630 North

Sequim Avenue. Storytime programs are generously supported by the Port Angeles Friends of the Library and the Friends of the Sequim Library.



'Yoga Storytimes' to be held at the Port Angeles Main Library and the Sequim Branch Library in September.

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