



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

## **FOR IMMEDIATE RELEASE**

Date: May 15, 2018  
Contact: Patti Swingle, Youth Services Librarian  
360.683.1161 x7766; [pswingle@nols.org](mailto:pswingle@nols.org)  
Re: *Yoga Storytime* at the Sequim Branch Library  
Attached: *Yoga Storytime SQ.JPG*

*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. Join in the *Yoga Storytime* fun at the Sequim Branch Library Wednesday, May 30, at 10:30am. No yoga experience necessary!

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.

## **ADDITIONAL INFORMATION**

For more information about this and other programs for youth, contact the Sequim Branch Library at 360.683.1161, send an email to [Youth@nols.org](mailto:Youth@nols.org), or visit [www.nols.org](http://www.nols.org). The Sequim Branch Library is located at 630 North Sequim Avenue.



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