



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

**FOR IMMEDIATE RELEASE**

Date: December 20, 2018  
Contact: Patti Swingle, Youth Services Librarian  
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Subject: Yoga Storytime at NOLS  
Attached: Yoga Storytime Crowd.jpeg

The North Olympic Library System (NOLS) will host three sessions of *Yoga Storytimes* in January. *Yoga Storytime* is a full body experience that builds early literacy skills and healthy bodies at the same time! On Thursday, January 3, the Sequim Branch Library will provide *Yoga Storytime* at 10:30am, and another session will be held at the Port Angeles Main Library at 2pm. The Forks Branch Library will host *Yoga Storytime* on Friday, January 4 at 10:30am. These interactive storytimes will feature stories, songs, yoga poses, and breathing exercises for children and their caregivers. No yoga experience necessary!

Activities such as talking, reading, playing, and singing all play an important role in early childhood development, which are 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, or email [Youth@nols.org](mailto:Youth@nols.org). The Sequim Branch Library is located at 630 North Sequim Avenue. The Port Angeles Main Library is located at 2210 South Peabody Street. The Forks Branch Library is located at 171 Forks Avenue South.



*'Yoga Storytimes' to be held at the Forks, Port Angeles and Sequim Branch Libraries in January.*

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