



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

**FOR IMMEDIATE RELEASE**

Date: March 3, 2020  
Contact: Jennifer Lu'Becke, Youth Services Specialist  
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Subject: *Yoga Storytime* at NOLS  
Attached: *Yoga Storytime* Crowd.jpeg

The North Olympic Library System (NOLS) will host *Yoga Storytimes* at the Forks, Port Angeles, and Sequim Libraries. *Yoga Storytime* is a full body experience that builds early literacy skills and healthy bodies at the same time! *Yoga Storytime* will be held at the Forks Branch Library on Friday, March 13 at 10:30am, the Port Angeles Main Library on Tuesday, April 7, 10:30am, and the Sequim Branch Library on Wednesday, April 22 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 Libraries.*

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