



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

FOR IMMEDIATE RELEASE

Date: April 1, 2020
Contact: Jennifer Lu'Becke, Youth Services Specialist
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Subject: Virtual Yoga Storytime!
Attached: *Yoga Storytime Participants.jpg*

Bend, stretch, and sing during Virtual Yoga Storytime! To celebrate International Children's Yoga Day, the North Olympic Library System (NOLS) will offer a Yoga Storytime via Facebook Live on Friday, April 3, at 3:00pm. This storytime can be enjoyed in your own home, and will feature stories, songs, yoga poses, and breathing exercises for children and their caregivers. No yoga experience is necessary. Yoga Storytime is a full body experience that builds early literacy skills and healthy bodies at the same time!

Activities such as talking, reading, playing, and singing all play an important role in early childhood development, which are why they are included in library storytimes. These activities support skill development and encourage children to interact with their caregivers and peers in a fun, literacy-rich environment.

During the COVID-19 emergency all North Olympic Library System facilities are closed to the public, but NOLS is always open online, and will continue to serve the community in diverse ways during this public health emergency. Make a virtual visit to the library at www.nols.org, or find NOLS on Facebook, to check out the virtual programming and other e-services available.

For more information about storytimes and other services for youth, visit www.nols.org, call 360.417.8500, or email Youth@nols.org.



A Virtual Yoga Storytime will be held via Facebook on April 3.

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