

FREE WINTER WIGGLES

KIDS YOGA LIBRARY TOUR



LITTLES

Our youngest friends can expect a gentle, playful introduction to yoga and mindfulness through songs and stories.

Myersville | Dec. 16, 10:30am
Point of Rocks | Dec. 30, 11am
C Burr Artz | Jan 10, 2pm



ELEMENTARY

School-age kids will build focus, confidence, and calm while having fun with movement and mindfulness. Classes powered by games and imagination!

Emmitsburg | Dec. 22, 2pm
Brunswick | Jan. 13, 4:30pm
Urbana | Jan. 20, 3pm
Myersville | Feb. 12, 4pm



TWEENS & TEENS

Dedicated space for tweens and teens to recharge and de-stress. Moving in a way that supports focus, confidence, and self-care.

Emmitsburg | Jan. 6, 6pm
C. Burr Artz | Feb. 3, 5:30pm
Thurmont | Feb. 19, 5:30pm
Urbana | Feb. 24, 4pm



FREDERICK
COUNTY
PUBLIC
LIBRARIES

YOU BELONG HERE.

All classes taught by **Bonnie Abbott**, E-RYT 500 and childcare extraordinaire! Visit www.BonnieAbbott.com for more classes and upcoming events.

