

PUBLIC LIBRARY OF NEW LONDON
63 Huntington Street, New London CT 06320

For Immediate Release

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The Public Library of New London will be hosting Kids Yoga with Katie Ziskind on Saturday, July 14 at 10:30am. Let your child's creative energy run wild and explore their mind, body and spirit! Families with children of all ages can have a great time learning breathing techniques, meditation, self-awareness and healthy movement. This program will be fun for children and adults! No yoga experience is needed. Please bring your own mat if you have one, our supply is limited. This event is free and open to the public, registration is not required.