



# Jessika Yoga

# Yoga for Children

**Birr Library**

**Saturday, October 20<sup>th</sup>**

- 3 – 6 year olds: 11.00am (duration 30 minutes)
- 7-10 year olds: 11.45am (duration 30 minutes)

**Booking Essential – Spaces are limited**

All children must be accompanied by an adult.

**To book a space:**

phone Birr Library on 057 9124950  
or enquire in the library

This event is part of Offaly Libraries'  
*Healthy Ireland at your Library* programme of events