



# FAMILY BOOK READ & YOGA

*with Ava Dussault*

**January 18**

**10am – 11am**

*Ashland Public Library*

Ava is a certified children's yoga and mindfulness teacher. She co-owns the 2 Mindful Girls kid's yoga studio with her mom and has written two children's books on mental health & social emotional learning: *Renee Finds Her Calm* and *Renee Finds Her Inner Strength*.

Join Ava as she reads her books, leads a children & family yoga class and a small craft.

Great for kids 4-11 and their families. There will be signed books for families to take home!

**We can accomodate up to 50 participants.**

**Please bring a yoga mat or towel.**

**REGISTER NOW TO RESERVE YOUR FAMILY'S SPOT!**

[https://tinyurl.com](https://tinyurl.com/APLAvaYoga)  
[/APLAvaYoga](https://tinyurl.com/APLAvaYoga)

Use the link  
OR the QR  
code



THIS PROGRAM IS A COLLABORTION BETWEEN THE DEPARTMENT OF PREVENTION & HUMAN SERVICES, THE ASHLAND PUBLIC LIBRARY AND DECISIONS AT EVERY TURN

For questions, please email [kfrench@ashlandmass.com](mailto:kfrench@ashlandmass.com)