



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CONTACT

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Join author Melissa Hurt for a family-friendly yoga adventure

EVERETT, WA – Everett Public Library will present a free online program with Melissa Hurt, the author of “I Am the Jungle: a Yoga Adventure.” The live program will take place on Saturday, Sept. 19 at 10:30 a.m.

“I am the Jungle” is a yoga picture book. Readers embody the animals and elements of the Amazonian Jungle through an intelligent yoga sequence that adults and kids will enjoy alike. This live program will include a chance to interact with the author and an invitation to stretch and move through a yoga adventure from the comfort of your own home! Join the author on an imaginative adventure inspired by nature, with poses such as Mountain, River, Elephant, and Python. Children will be introduced to the benefits of yoga, including movement, joy, and focus.

Author [Melissa Hurt](#) is a certified yoga instructor and teaches acting, voice, speech, and movement. She holds an MFA from Virginia Commonwealth University and a PhD from the University of Oregon. She lives in upstate New York.

[Copies of “I Am the Jungle”](#) may be borrowed through Everett Public Library. Books may also be purchased through [Third Place Books](#), [Sounds True Publishing](#), and other book sellers.

This event is a live virtual program, geared toward families with children ages 3 to 10. Guests will need a device with internet connectivity to participate. Children are encouraged to dress comfortably and be prepared to move! There is no fee to attend, but [registration is required](#). All registrants will be sent a confirmation email and link to participate. To register or receive more information, visit the library’s [Facebook page](#) or [events calendar](#) or call 425-257-8000.

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