FREE programs hosted by Tilton and Sunderland Libraries at Mt. Sugarloaf this fall:

**FAMILY YOGA:** Thurs 9/22, 10-11am *(rain date 9/23)*, Top of Mt. Sugarloaf
*Ages 0 - 8 and their caregivers.* Yoga instructor Sara Coblyn will connect children to nature through yoga and mindfulness exercises. Suitable for people of all skill levels. Children are encouraged to bring a stuffed animal with them. Please bring your own yoga mats or towels and water.
*LIMITED TO 10. PLEASE SIGN UP AT: https://calendly.com/sunderlandpubliclibrary/family-yoga-on-mount-sugarloaf*

**TREE I.D. WALK:** Tues 9/27, 5-6pm *(rain date 9/26)* Sugarloaf Parking Lot
Laura Beltran, Teacher/Naturalist with Mass Audubon Arcadia Wildlife Sanctuary, will lead a casual walk at the base of Mt. Sugarloaf, exploring trees and changing autumn foliage. Discover tree leaves, buds, and bark as clues to identification. Learn about our forest communities, how they are changing, and what we can do to improve forest health.
*LIMITED TO 15. PLEASE SIGN UP AT: https://calendly.com/sunderlandpubliclibrary/tree-i-d-walk*

**FOREST BATHING:** Fri 9/23, 5:30-7:30pm, Shuttle Bus leaves from Sunderland Public Library at 5:30 PM and will return to Sunderland Public Library at the end of the program. No rain date.
Unplug for a few hours and take a rejuvenating stroll through the forest, led by Sunderland’s Adventure East. This is a gentle and mindful outdoor experience that will allow you to connect deeply to the healing powers of nature. You will saunter along woodland trails, immersing yourself in the sights and sounds all around you, allowing you to become acquainted with life in the forest.
*LIMITED TO 13. PLEASE SIGN UP AT: https://calendly.com/sunderlandpubliclibrary/forest-bathing-experience*

**NATURE-BASED MINDFULNESS YOGA FOR ADULTS:** SAT 10/15, 10-11AM *(RAIN DATE 10/16), TOP OF MT. SUGARLOAF*
Yoga instructor Sara Coblyn will lead you through yoga poses and mindfulness techniques that tap into nature and incorporate environmental activism. This program will be suitable for people of all skill levels, including beginners. Please provide your own yoga mat and water.
*LIMITED TO 15. PLEASE SIGN UP AT: https://calendly.com/sunderlandpubliclibrary/nature-based-mindfulness-yoga*