

## **Library End of Term Stress Relief May 18-22, 2015**

### **All Week Long**

- **Relation Stations** in Crossett - buddha board, meditative coloring, and more
- **Sheet Tent** in Crossett - lower level, pillows, white noise.
- **Reiki** in Jennings - schedule a 10 minute session with Susie

### **Monday May 18**

- 1:00-2:00 pm **Meditative Buddhist Chants** in the CAPA Lens. No experience necessary.
- 1:30-2:00 pm **Story Time** in the sheet tent.
- 3:00 pm **Tea Time**

### **Tuesday May 19**

- 9:00-11:00 am **Soothing Nature Sounds** in the sheet tent.
- 1:00-2:00 pm **Meditative Buddhist Chants** in the CAPA Lens. No experience necessary.
- 6:00-7:00 pm **Certified Therapy Dog** relax with Tess, a English Setter, in Crossett Library office.

### **Wednesday May 20**

- 9:00am-noon **Fab Feline**, Jennings Music Library, back listening room.
- 1:00-2:00 pm **Meditative Buddhist Chants** in the CAPA Lens. No experience necessary.
- 1:30-2:00 pm **Story Time** in the sheet tent.

### **Thursday May 21**

- 9:00-11:00 am **Soothing Nature Sounds** in the sheet tent.
- 1:00 pm **Crossett-chip Cookies**
- 3:00 pm **Tea Time**

### **Friday May 22**

- 9:00 am **Bird Walk** leaving from Jennings. Rain date 5/23
- 1:00 pm **Yoga** in the Crossett Library Garden. No experience necessary.