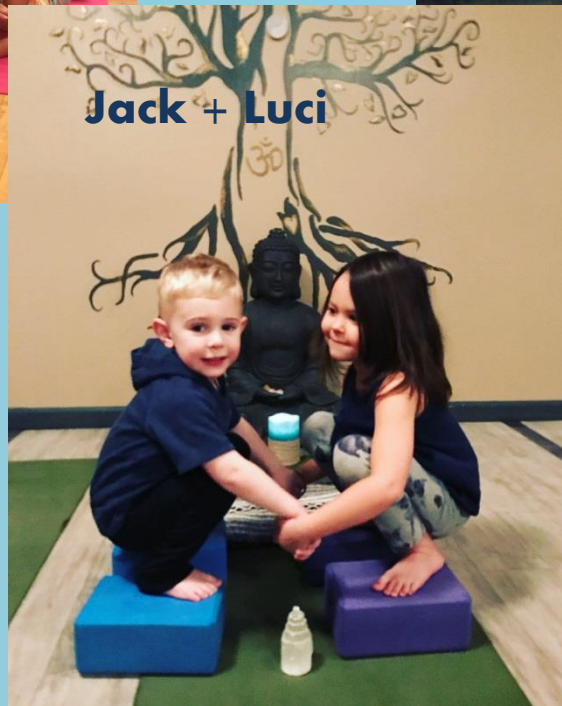


SUNDAY FUNDAY

with Family Yoga

Sunday November 12th at 11:30am



Parents, siblings, mother/son, father/daughter. This yoga reminds us to be playful, go with the flow and is a fun opportunity to connect and bond with each other. Begin to plant the lotus seeds for your loved ones. Children love to interact with mom and dad. They will learn basic yoga postures and enjoy seeing how their bodies were designed to nestle into their parents.

\$20 for the whole family