

Family YOGA workshop



With all of life's busyness, it can be a challenge for families to slow down and spend time with each other. Kids grow up so fast, so let's assure we get the chance to spend some quality time together and appreciate them for who they are now.

We will use the practice of yoga to come together and celebrate the bond that lies within all families by exploring poses, spending quality time together, laughing, and of course, lots of opportunity for playfulness!

Please join us for a fun-filled, Family Yoga workshop, moms, dads, aunts/uncles, grandparents, kids. Children (boys and girls) ages 4 to 10 welcome. No yoga experience is necessary, please bring one mat per person or you can rent a mat.

\$25 per family (for family of 2),
\$5 additional for another family member

Saturday

March 3rd

Birmingham

2 to 3pm

with Stephanie

