

FAMILY YOGA

With Melody Roberts, E-RYT 500



This fun and interactive class invites, kids, parents, grandparents, aunts, and uncles to share in the joy of yoga. Each class will teach the family playful poses that can be done together or alone, along with gentle breathing exercises and relaxation techniques. Invite the child inside you to spring forth, while nurturing the seed of yoga to grow in your child's curious mind.

The practice of yoga for children is unsurpassed as a form of preventative health – health on all levels – mental, emotional, physical and spiritual. Through stories and games children develop lifelong healthy habits and are supported in blossoming into their highest potential. Share the benefits of yoga with your kids. Most appropriate for ages 3 and up. Pre-registration is required and space is limited.

Investment: \$25 for Adult/Child pair, \$8 for each additional adult or child. Must register at studio or by phone.



Sunday ~ July 8th, 2018

12:00 noon - 1:00pm

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404

(Located in the Hammel Creek Commons Shopping Center)

To register please contact Sacred Path Yoga at 815-744-3390.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.