



FAMILY YOGA

Families spanning ages 4 to 104 come together to move and groove in this joyful, fun and informal yoga practice, suitable for all levels. From grandparents to bebops, teens and everyone in between, plan some time to connect with your child through yoga and partner poses, breath work, interactive yoga games and relaxation. No two classes are the same and the non-competitive atmosphere of yoga helps foster an environment of family fun and affection. Start by getting to know your yoga family, then travel on a yoga journey, building poses together and easing into some relaxation and rest. You will leave this class feeling more connected to your family members and ready to take on your evening. Schedule in this quality time with your spouse, your child or your sibling, and enjoy this lovely opportunity to enhance an authentic family bond!

Call for pricing and to reserve your families spot today!



Tuesdays at 6pm

**Certified
Instructor**

**Build Poses
Together**

**Relaxing
Atmosphere**

**Enhance your
Authentic Family
Bond**

**Taught By:
Cindy Beth
Davis-Dykema**

**LAKESIDE REHAB &
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