



MARCH 7, 2015

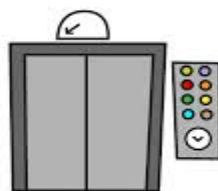
FAMILY YOGA CLASS

A great time for you to connect and play with your child. It is an informal and lively session that is aimed at kids having fun and adults finding their inner child. Traditional yoga techniques have been recreated in playful, simple and fun ways. Bringing parents, kids or even grandparents together using group games and partner poses. Enabling our children to feel empowered and giving adults quality time to grow and play with their family.

Time: 2:00pm-3:00pm

Ages 4 & Up

GROUND^{ED}
YOGA | LAUGHTER | ELEVATION



Family Yoga Class

Dunwoody Baptist Fitness Center

1445 Mt. Vernon Rd.
Dunwoody, GA 30338

Register at the front
Desk 770-280-1210

*Limited spaces
please register
early!*

**\$20 per parent
child couple \$5
each additional
child**

NATALIE LEACH RYT
Dunwoody Baptist Fitness
Center

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404-641-1325 for
questions