

Family Yoga with Mrs. Peckenpaugh

Not your typical yoga class! This class is a whole lot of fun and a great way to connect and spend healthy, happy, quality time with your loved ones. Imagine no mobile phones, no television, no computers - just families interacting with each other. You will learn breathing techniques, yoga poses - including proper partner poses - play games, do a creative project and end with total relaxation. Family yoga classes offer families a valuable bonding experience within a supportive and communal environment.

When: Saturday, March 14th

Time: 11:00-12:30 pm

Cost: \$20 for first 2, \$5 for each additional family participant

No experience necessary!

