

Mother's Day Aerial Yoga Workshop & Fundraiser



SATURDAY, MAY 11TH

Session 1: 1:30-2:45 (ages 7+)

Session 2: 2:50-3:45 (ages 5-7)

Session 3: 3:30-4:45 (ages 7+)

Session 4: 4:30-5:30 (ages 7+)

This fun, energetic class involves mother and child flying together in the aerial hammocks. Workshop activities will involve relationship strengthening and playful partner poses.



Partnering, Empowering & Growing Together

**REGISTRATION IS
REQUIRED!**

Ages 5 & up

Cost is \$40 per yogi.

248.480.0452

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We are super excited to be partnering with Developing Kingdoms in Different Stages (Developing K.I.D.S.) for this special event; a Detroit-based non-profit organization that services its community through three areas: Youth Development/Prevention, Family Management, and Community Support. After 55 minutes of Aerial Yoga, you and your child will help to package & decorate self-care packages for their students. To learn more about Developing K.I.D.S. visit, www.developingkids.org.