



SWEETEST DAY PARTNER YOGA

Saturday, Oct 19, 1:00-2:00pm

KIDS AGES 5- 12 AND AN ADULT (MOM, DAD,
GRANDMA, AUNT, OLDER SIBLING- WHATEVER)

\$25 for adults + \$10 for additional kid.

REGISTRATION IS REQUIRED



Join Mom & Son (or daughter) with you through a partner yoga class designed to help you relax, bond, feel more connected, be mindful together, and most importantly - HAVE FUN! We will have props of hearts available for some Sweetest Day photos after class as well.