



Yoga
Music
Games
Dancing
Meditation



FAMILY YOGA

WITH RANDI JO, JEN & LISA

SATURDAYS ~ 3:00 – 4:00 PM

**SUGGESTED DONATIONS ~ \$10/PERSON OR
\$25 PER FAMILY (UP TO 4)**

THE SHOP YOGA STUDIO
1167 WOODSIDE AVE

Randi Jo Teaching Special Holiday Classes

Nov 17, Dec 15, Feb 9, Mar 16, April 20

Lisa

Nov 24, Dec 1 & 29, Jan 5 & 12, Feb 16, Mar 2, April 6 & 13, May 4

Jen

Nov 3 & 10, Dec 8 & 22, Jan 26, Mar 9 & 23, April 27, May 11 & 18

LEARN BALANCE, FLEXIBILITY AND COORDINATION TOGETHER WHILE
CULTIVATING A PEACEFUL STATE OF MIND AND BODY.