



Yoga
Music
Games
Dancing
Meditation



STARTING NOVEMBER
FAMILY YOGA
WITH RANDI JO, JEN & LISA

SATURDAYS ~ 3:00 – 4:00 PM

DONATIONS ~ \$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.