

# Family Fun Yoga



**Saturday, February 23**

**1:00PM-2:00PM**

**\$8 per adult, \$5 per child**



## ***A Special Family Yoga Class for All Ages 4 and Up That Makes Yoga A Family Affair!***

Instructor Yvonne will workshop with the families in beginner level Yoga poses, mindful breathing, cooperative yoga games, and quiet meditation. No prior Yoga experience necessary.

In a world where parents and children are often so busy, Family Yoga provides a wonderful place to spend healthy and happy, quality time TOGETHER. Spouses, kids, grandparents, extended family and friends are all welcome!

Yoga is a fun, healthy, mindful activity that each family member can enjoy. Yoga teaches kids how to relax, develop body awareness, find their inner balance, build confidence, concentration, improve school performance, and just have some fun. Yoga also teaches adults to learn how to take time to play and find your inner child!

Families that practice Yoga together strengthen their bonds while they support each other in an atmosphere of open sharing and self-expression. Parents can observe how their children learn and interact with other children and adults. And children get to see their parents as learners, something that doesn't happen very often, setting a great example for their children.

It's a rare opportunity for both parents and children to observe and learn from each other and a great way to bridge the huge age difference between them – all while strengthening your connection and family bond.



Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named "2017 Best Yoga Studio In Metro-Detroit" by WDIV [ClickonDetroit.com](http://ClickonDetroit.com)