



Mindful Movements Studio

Yoga · Fitness · Lifestyle



Mindful Mini's & Parents Yoga Night

Bring the kids and enjoy a night of yoga designed for the whole family!

While the parents participate in Friday night's SLOW SWEET FLOW, the children are going to experience stretches, poses, breath work, simple meditation and relaxation.

They will have the opportunity to play and explore in a safe non-competitive environment. **Class includes snack and drinks for the Minis. (No mats required.)**



Fridays • 5 – 6pm (Age 5+)

Sept. 27/19 • Oct. 25/19 • Nov. 22/19 • Dec. 13/19

Teachers: Lisa & Eric

Cost: Passholders Adults FREE Children \$5 + hst (per night)

Non Passholders: Adults \$20 Children \$5 + hst (per night)

Register Now • email: Kym@MindfulMovements.ca

