



FAMILY YOGA

PARENTS & CHILDREN AGES 3 – 10 YEARS ARE INVITED TO JOIN IN THIS UNIQUE INTRODUCTORY YOGA CLASS THAT FEATURES TWO SEPARATE CLASSES – ONE FOR THE KIDS AND ONE FOR PARENTS

DATE: FRIDAY, APRIL 21

5:30 PM – 6:45 PM

DATE: SATURDAY, APRIL 29

4 PM – 5:15 PM

**@ THE GOODVIEW ELEMENTARY SCHOOL
GYM & ECFE AREA**

FEE: \$15 PER FAMILY PER SESSION

Adults will experience a rejuvenating and mindful yoga flow, feeling at ease knowing their children are in good hands enjoying their own fun and educational yoga experience. Join for one or both sessions, space is limited. *Registration is required 3 days prior to class date.*

FOR MORE INFORMATION AND/OR TO REGISTER CONTACT: WAPS COMMUNITY EDUCATION
AT (507) 494-0900 OR ONLINE @ WWW.WINONASCHOOLS.ORG/COMMUNITYED.
LOOK UNDER **ADULT ENRICHMENTS**. CLICK ON **ENRICHMENT REGISTRATION** AND
LOOK FOR **FAMILY YOGA** UNDER **FITNESS & WELLNESS**. OR SCAN THE QR CODE →

