

KIDS YOGA FAMILY YOGA CAMP SERIES

When: Friday, June 25 and Friday, July 23

Time: 1:30 - 3

cost: 1st Child \$20 /additional child \$15

ages: 4 and up



Our Spring Break Kid's Yoga Camp was so popular, that we decided to do it again. Join our amazing children's yoga instructor, Taylor Yoss, for these special camps to include:

- *children's yoga
- *arts/craft activity
- *reading
- *snack

Moms, dads, caregivers can drop off and have a full 90-minute break, lunch with friends, workout, pedicure, massage...

When: Six Saturdays, June 26 - July 31

Time: 3-4pm

cost: \$99 for the whole family

ages: 2.5 and up



Reconnect with your body and your family members. Come together in our 6-week for a lighthearted environment for individual, partner and family yoga fun! Taylor Yoss, fellow mom and children's yoga specialist provides age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques to awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship.

This bonding class is open to extended family members and caregivers too!



REGISTER IN ADVANCE ONLINE OR AT THE STUDIO.

VISIT WWW.UPTOWNYOGA.COM FOR MORE INFORMATION ABOUT THESE AND OTHER SUMMER EVENTS AND OFFERINGS!