



PARENT-CHILD YOGA

With Kayti

**Connect, regulate, and
build attachment through
active, playful, partnered
yoga**

**In this class, you & your child
will: Engage in yoga together
Increase connection and
confidence**

**Increase regulation through
mind-body connection**

Recurring 6-week course

Fridays 4:30 – 5:30

Classes are limited to 6 people.

**Contact Sam or call 385-215-9084 to
sign up.**

