



PARENT-CHILD YOGA

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

Parent-Child Dyad

10 week course

Starts January 6th, 2020

Mondays at 4 pm

Select Health, Medicaid, EMI, DMBA accepted

Self-Pay is \$35 a class

1 free cancellations before a \$35 fee will be assessed
for each missed class

**Space is limited. Please contact Kim or Brittan
to register.**

