



2019

Little Garden

Family Yoga

with Melissa Pereira

A Family Yoga Workshop for children 4-9 years old to strengthen the bond and connection between a parent and child. Come away with many healthy and peaceful ideas to practice at home!

January 12

February 9

March 9

March 23

April 13

May 11

June 8

Time: 1:00-2:15p

Fee: \$30/child + 1 parent; \$10/additional child or parent

#### January

Does your family love seeing a beautiful winter wonderland filled with unique snowflakes? Come join us indoors to make your own snowflakes and SHAPES!

#### February

This month celebrate love and kindness with your family by opening your hearts through yoga!

#### March

3/9: Come with your family to celebrate the creativity and imagination of Dr. Seuss' books & characters!

3/23: Calling all Superheros; Learn to soar, fly & jump in this Superhero yoga training class.

#### April

The sun is shining, flowers are blooming and the birds are chirping! Get your family moving by trying some spring themed yoga!

#### May

This practice is designed to foster the bond and trust; come honor all female role models.

#### June

With school almost out for the summer, allow your family to let go, relax and soak in the sun at our Yoga Luau Party!

Contact Melissa Pereira at 718-344-7835 or  
mstol589@aol.com to register