



Fall 2017
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!

September 9
October 14
November 11
December 9

Time: 1:00-2:15p

Fee: \$30/child + 1 parent; \$15/additional child or parent

September

With the harvest season upon us, come with your family to celebrate the changing of the season through movement. Enjoy this FALL FUN yoga class!

October

Let's celebrate Halloween- yoga style! Ghosts, goblins, witches and more! Come in your costume for a spooky family yoga party!

November

Thanksgiving is a time to reflect on all the good things we have, especially family. Gratitude and yoga go hand in hand. Come show what you are thankful for.

December

This time of year for children is so magical; come experience a joyful holiday yoga class for the whole family during the most wonderful time of the year!

**Contact Dena Vigilis at 516-521-3539 or dvigilis@gmail.com to register*