



Winter/Spring 2018

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 13

February 10

March 10

April 14

May 12

June 12

Time: 1:00-2:15p

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

January

Inspired by the Star Wars films this is a truly epic and out of this world yoga class that your family will love every minute! May the force be with you!

February

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

March

With the spirit of St. Patrick's Day; may you find sweet peace of mind and a bit of LUCK with your family.

April

Honor Earth Day by enjoying the beauty of nature with this earth-friendly yoga class.

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

www.yogalifepw.com • 516-521-3539