



Fall 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!

September 8
October 13
November 17
December 8

Time: 1:00-2:15p

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

September

Calling all Superheroes: Learn to soar, fly & jump in this Superhero yoga training class. Make this September SUPER!

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