



Fall 2018

Little Garden

Family Pop-up 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!

Time: 1:30-2:45p

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

### **October 8**

Sail away with your family on this OCEAN adventure!

### **November 12**

Red, White & Blue- Show pride in our country with your family at this American-inspired yoga class.

### **November 23**

Start the holiday travels by going "AROUND the WORLD" on this yoga journey with your family.

### **December 31**

Celebrate New Year's Eve by integrating resolutions into your children's mind, body and heart.

Contact Melissa Pereira at 718-344-7835 or [mstol589@aol.com](mailto:mstol589@aol.com) to register