



Winter/Spring 2019 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

January 21st - DREAMS

Celebrate Martin Luther King Jr. by DREAMing big with your family.

February 18th - COLORS

Add some red, yellow, blue and all the colors of the rainbow to your family's day with this colorful themed yoga class.

April 22nd - EARTH DAY

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

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