



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!

Saturdays 1:00-2:15pm

September 21

October 26

November 16

Family Pop Up 3:00-4:15pm

October 14

November 11

November 29

September 21 - Farm/Barnyard

With the leaves changing, days are shorter and school is starting - FALL is in the air! Come with you family for a yoga barnyard fun day!

October 26 - Halloween

Ghosts, goblins, witches and more! Come in your costume for this spooky family yoga party!

November 16 - Thanksgiving

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

POP UP CLASSES

October 14 - Oceans

Sail away with your family on this OCEAN adventure!

November 11 - America

Show pride in your country with your family at this American-inspired yoga class.

November 29 - Frozen

Come join us for a flurry of wintery fun! On our adventure we will "Let It Go" with some "Frozen" inspired yoga poses that will have your whole family melting.

TO REGISTER - Contact Melissa Pereira at 718-344-7835 or mstol589@aol.com