

Family Yoga

Ages 5 and up!

At Northern Arizona Yoga Center!

Every 1st Saturday
April 5 - September 6
2PM-3PM

Drop-In Prices

\$10 for 1 child
\$16 for 2 children
\$20 for 3 children

Full Session Prices:
\$50 for 1 child
\$75 for 2 children
\$99 for 3 children

Adults are free. One
adult must be present
for every 3 children.

Join Patty Wiley for a class that creates the opportunity to play and connect with your child through the practice of yoga. The flow of family yoga is similar to kids' yoga with a focus on yoga poses, movement, games, breath work and partner work for kids and adults to do together. In this lighthearted environment, laughter and play fill each class. Come learn and explore together.

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