

Yoga FOR wellness



MARCH 2018
YOGA SESSIONS

FAMILY YOGA

MONDAY, MARCH 12 @ 11:00AM AT DDECS GYM

Children must be 2+ and accompanied by an adult to participate

FAMILY YOGA

TUESDAY, MARCH 20 @ 6:30PM AT MINISTIK GYM

OPEN YOGA

TUESDAY, MARCH 27 @ 7:00PM AT EPR

14+ are able to attend this beginner style Hatha yoga class

PLEASE DRESS COMFORTABLY. MATS WILL BE PROVIDED



FOR MORE INFORMATION CONTACT:

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Deva Little Mustache
Ministik Child & Youth Clinician
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