

PLEASE DRESS COMFORTABLY. MATS WILL BE PROVIDED

Yoga FOR wellness



MAY 2018
YOGA SESSIONS

FAMILY YOGA THEME: SPRING HUNT

TUES, MAY 8 @ 6:30PM AT MINISTIK

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

MOM/GOOKUM & ME YOGA THEME: MOTHER'S DAY

TUES, MAY 15 @ 6:30PM AT MINISTIK

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

PRENATAL YOGA THEME: MOTHER'S DAY

TUES, MAY 15 @ 7:30PM AT MINISTIK

A gentle, pregnancy-safe yoga class for expecting Mom's

FAMILY YOGA THEME: SENSORY PROCESSING

TUES, MAY 22 @ 1:00PM AT JRDYC LOFT

A yoga class designed for families with children who have sensory processing sensitivities.

All families welcome! A DIY Sensory Coping Tools workshop will take place after class.

OPEN YOGA THEME: STRESS LESS YOGA

THURS, MAY 24 @ 7:30PM @ EPR

14+ are able to attend this beginner style anxiety/stress themed presentation + yoga class



Brittany Biedermann

Community Wellness Clinician I
705-658-4619 ext. 259

Deva Little Mustache

Ministik Child & Youth Clinician
705-658-4535

