

Family Yoga with Debi (Ages: 2 and up)

Saturday, April 7th at 11:00



About Family Yoga

We begin by thoughtfully tuning in, followed by a playful and meditative practice including poses, partner poses and group poses, ending with relaxation and guided visualization.

\$15 per adult/child

\$5 each additional family member or friend

Where:

Be Yoga Family
2205 Park Road
Charlotte, NC 28203
www.beyogafamily.com

About the Teacher

Debi Hawkins-McLendon is an Anusara-Inspired™ Yoga Teacher who offers classes to students of all ages (from babies to seniors). To learn more, visit her website, www.yogadancer.biz.

print this flyer for a free class for you or a friend (new students only please)