



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLEXIBLE FAMILY FUN

HEALTHY LIVING
Parent & Youth Yoga



Parent & Youth Yoga

Ground yourselves and start this spring with a great way to strengthen muscles, increase flexibility, improve breathing and create new shared family time. We will explore a variety of yoga postures that can also be done together at home and include healthy lifestyle ideas for an improved sense of balance energy and overall well being.

Tuesdays, 4:30—5:30 pm

March 6 to March 27, 2012

ages 10 - 17 with parent

\$30 Members/\$65 Non-Members per one parent & one child. Each additional child \$15.

Code 01201-23

Class in Spirit, Mind & Body Room

METROWEST YMCA

280 Old Connecticut Path, Framingham MA 01701

(508) 879-4420 www.metrowestymca.org