

Bring Your Kids to Yoga Day

zen & flow while your kids do free yoga & art!



Experience the bliss of a Beginner Vinyasa Yoga class while your kids do playful yoga poses, meditation, creative movement, and art projects with Creative Yogini, Bethany Padnuk.

Bring Your Kids to Yoga Day @ Yoga Island
Saturday, November 21, 12:30-1:30pm
\$20 for adults, free for kids (ages 5-10)

Visit www.YogaIsland.com to register today!