

FAMILY YOGA

Join Ellie Huacuja, from Just Yoga studio, for free weekly yoga sessions. A fun way to relax with your family while learning how to calm your mind.

Mondays 4:00-4:30pm
doors open at 3:45

Age: 6-10yrs and caregivers*

*sequences are for children, but all ages are welcome

Location: FAM Room

Please bring: water, a towel, and yoga mat**

**limited yoga mats are available on a first come first serve basis

