

Penobscot Bay YMCA

FAMILY FLOW YOGA

Caregivers & 2 - 6 year old children

Location: Room 249

Monday, March 16

Monday, April 13

TIME: 3:30 – 4:15 PM

COST: \$10 members/ \$15 non-members (per class)

Family yoga for you & your little yogi! A fun and engaging experience for little ones (ages 2 - 6) and their caregivers, focusing on gentle movement, playful poses, and bonding through yoga, music, and stories. Classes may include a themed activity or free play time with props to further enhance the learning experience.

