

BOND & BALANCE

Parent & Youth Yoga Experience


Strengthen connection with your child through shared movement! This 6-week program introduces youth **ages 10-15** to Yoga alongside their parent or guardian in a non-intimidating, supportive setting, while building confidence, body awareness, and stress management skills. All children must be accompanied to all classes by the enrolled adult.

JULY 13-AUGUST 17

MONDAY'S 9:30-10:15AM
IN THE SPIRIT, MIND, & BODY STUDIO
INSTRUCTOR: LILIANA

QUESTIONS?

Contact Erin at escott@statelineymca.org

 STATELINE FAMILY YMCA
IRONWORKS BRANCH
501 THIRD STREET
BELOIT, WI, 53511
608-361-2261

www.statelineymca.org/yoga



\$40 PER PAIRING
[COST COVERS REGISTRATION
OF BOTH PARENT & CHILD]*

*Register under adult's name for both parties