



TOGETHER WE ZEN

PARENT + TODDLER YOGA CLASS

Join our instructor in this program that promotes parent/toddler bonding, exercise, fine motor skills, breathwork, and a focus on mindset.

Participants will enjoy a 30-minute Parent/Child yoga session followed by a 30-minute craft. New sessions will start every month!

COST PER
MONTH

\$40 MEMBERS
\$60 COMMUNITY

IRONWORKS BRANCH

Mondays | 9:30am-10:30am

ROSCOE BRANCH

Wednesdays | 9:30am-10:30am



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

statelineymca.org/yoga