



# 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

### COST PER SESSION

**\$40 MEMBERS**  
**\$60 COMMUNITY**

### IRONWORKS BRANCH

**NOVEMBER 7 - DECEMBER 12**  
Mondays | 9:30am-10:30am

### ROSCOE BRANCH

**NOVEMBER 9 - DECEMBER 14**  
Wednesdays | 9:30am-10:30am