

# Mother-Daughter Yoga



**Nourishing the connection and love  
between girls and women.**

with Maureen Collins

Mothers wish to connect to their daughters in ways that feel natural and genuine that don't involve managing and coordinating schedules and daily routines. They yearn to be with their daughters in an easy, relaxed and nourishing way that is a sincere reflection of their love. In the momentum of daily life, finding that time and space to dedicate to the relationship can be challenging. This Mother-Daughter yoga class brings practices that integrate stillness, relaxation and connection.

No experience necessary.

Ages 7-14

\$20 mother-daughter pair prior December 1, \$25 after  
\$5 each additional child

Registration online at [www.beverlyyogacenter.com](http://www.beverlyyogacenter.com).  
18 spaces available. Please register early to reserve your space.

**Friday**  
7:00pm - 8:00pm  
**Dec 7**

 **Beverly Yoga Center**

*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*

