



family yoga

Pajama Party

Calling all families to join us for a yoga party in your favorite pajamas!

Friday
March 29

7:00 - 8:00 pm

This special night invites you to discover the joy and playfulness of practicing yoga together in comfy pajamas, while strengthening special bonds.

Delight in opportunities to connect and interact as a family through partner poses, cooperative yoga games, arts and crafts, as well as mindful breathing practices and a visualization story to ease into cherished relaxation time together.

Family Yoga provides a nurturing environment for children, parents, and caregivers to spend much needed quality time together!

Kids ages 4-10.

\$25 - for up to 4 people



Beverly Yoga Center

Nurturing the mind, body, and heart through yoga and meditation.