

family Pajama yOGa niGHT



**Calling all families to join us for a Spooky Fun Yoga Party
in your favorite comfy costumes or pajamas!**

**Sunday
OCTOBER 27**

4:00 - 5:00 pm

This special night invites you to discover the joy and playfulness of practicing Halloween-themed 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 4-10 years of age.

\$30 - for up to 4 people



Beverly Yoga Center

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