

Family YOGA

Family Yoga is a community class where adults and children participate together. This class is open to all ages over 3. You can bring friends or family. This is an active practice learning some basic yoga poses as well as just playing. Children have an opportunity to be creative and move their bodies. Adults are encouraged to find their inner-child. With our busy schedules today finding time to be together and have fun can be difficult. Class will end with a period of relaxation. We will be focusing our classes on monthly Holiday themes.

Ages 3 and up

\$10/family

February 6, 2015 6:30-7:15pm



South Lyon Area Youth Assistance
(South Lyon High School)
1000 N. Lafayette
South Lyon, MI 48178



***SLAYA Programs are open to all, if you want information on potential scholarships please ask!**

For Questions and Registration:

South Lyon Area Youth Assistance - 248-573-8189 or Info@footprintsfitness.com
southlyonareayouthassistance.com



South Lyon Area Youth Assistance is dedicated to strengthening youth and families and reducing the incidence of delinquency, abuse, and neglect through volunteer involvement.



Footprints Fitness is dedicated to raising awareness of the benefits of an active lifestyle by offering holistic youth and family focused programs to improve the health and wellness of the community.