

Mother/Daughter Yoga Calm® Series

Mondays 1/9, 1/16, 1/23, 1/30

4-5pm

Shine Studio- 845 NW Delaware Ste102, Bend, OR
(next door to Jackson's Corner)



A Yoga Calm® series by Anna Thedford, M.A. (Child and Family Therapist) for Mothers and Daughters (3rd-6th grade). A four week series meets weekly for one hour to develop healthy habits with our daughters emotionally and physically. Come celebrate the beauty of the Mother and Daughter bond. Learn new fun engaging exercises with your young daughter using yoga poses and Yoga Calm® community building activities. Each week take new ideas of integrating the work you do in class into your home environment with tips of raising a healthy confident young woman. (No experience necessary)

Cost per pair-
\$35/single class
\$120/full series

Register @ www.shinestudiobend.com (click on series) or call (541)410-5513.