

Family Yoga

NEW Class!

When Tuesday Nights at 5pm

Begin January 8th

Debbie Johnson



Celebrating Family Moments

In this class you'll have fun with movement and play to become more aware with your body and breath. Together you will learn partner poses and breathing techniques to foster relaxation, strength and flexibility. Children under age 14 should be accompanied by an adult.



**United Way
of Harrison County, Inc.**

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