

INNER VISION

YOGA



# Family Yoga ON Family day

Monday Feb.12, 10 am -11 am

***With Laurea Palmantier and Dawn Reynolds***

A class for families to connect with one another and explore the many benefits of yoga together. It will be an interactive, and lighthearted practice; we will move and play, breathe and relax! Families will learn some valuable tools that can help to bring more peace to the home and strengthen the family bond.

All ages welcome!

This class will be a fundraising event for the Just Breathe Mindfulness Foundation. Just Breathe is a non-profit organization that offers reduced-rate yoga and mindfulness educational programming to Fraser Valley school districts.

**Suggested Donation ~10.00 adult/child combo**

You can register online at [www.innervisionyoga.ca](http://www.innervisionyoga.ca)



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