

# Family Yoga

Come & join Hot 4 Yoga's Cynthia & other families for an afternoon of fun yoga postures combined with movement, partner/group poses & exercises that focus on breath, visualization & relaxation.

*Open to Kids 5-12 & Parents*

*Sunday, September 27, 2015*

*3-4 p.m.*

*Please register at [hot4yogallc.com](http://hot4yogallc.com) to reserve your spot.*

*Cost is \$20 per family, and 50% of the proceeds will be donated to the GlenEd Food Pantry.*

