

# Winter Wonderland Parent/Child Yoga with Nanci

Saturday, January 19th  
3:00-4:00pm



Hot Cocoa &  
S'mores will be  
served!

Join Nanci in our Avani Studio on Saturday, January 19th from 3:00-4:00pm to honor the sacred bond between parents and children. This workshop will help balance and strengthen the relationship of parents and children through positive communication and trust. This special session will include a peaceful fun yoga practice with a few partner poses in order to build connection and confidence. This special hour is suitable for all parent-child teams ages 5- adult.

## Workshop Fee

Parent Member Fee \$20

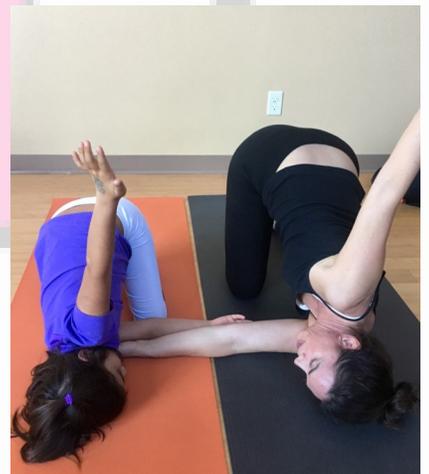
Non-Member Fee \$35

To secure your space **PLEASE** Preregister  
**ASAP.**

You can call (847)229-0292 or stop by the  
Front Desk to register for this program!



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