



Little Garden Family Yoga with Melissa Pereira

A Family Yoga Workshop for children 4-9 years old to strengthen the bond and connection between a parent and child. Come away with many healthy and peaceful ideas to practice at home!

Saturdays 1:00-2:15pm

January 11

February 8

March 14

April 4

May 9

Family Pop Up 3:00-4:15pm

Monday, January 20 (MLK Day)

Monday, February 17 (President's Day)

Friday, April 17 (Spring Break)

January 11 - Inspired by the Star Wars films this is a truly epic and out of this world yoga class!

February 8 - This month celebrate love and kindness with your family by opening your hearts through yoga!

March 14 - With the spirit of St. Patrick's Day; may you find sweet peace of mind and a bit of LUCK with your family.

April 4 - The sun is shining, flowers are blooming and birds are chirping! Get your family moving with some spring-themed yoga!

May 9 - This practice is designed to foster the bond and trust; come honor all female role models.

POP UP CLASSES

January 20 - Celebrate Martin Luther King Jr. by DREAMing big with your family.

February 17 - Come out of hibernation with your family and explore some arctic fun!

April 17 - Honor Earth Day by enjoying the beauty of nature with this earth-friendly yoga class.

TO REGISTER - Contact Melissa Pereira at 718-344-7835 or mstol589@aol.com