



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

IT'S ALL ABOUT CONNECTIONS

FAMILY YOGA

Do as many group and partner poses as you can! Don't waste the precious time parents and children have together in doing individual poses. Make sure that they physically touch and connect in every pose. It's transformative and it is always more fun to do yoga TOGETHER!

You can find ways to connect in all poses; facing each other, one behind the other, back to back, side by side, one on top of the other, or holding hands!

In most poses it is easy to adjust the size differences between the parents and the children, so be creative! Some poses where we are one on top of the other might only work with children on top.

Two parents and a grandparent can come with one child or one parent with four children. Most poses can be done in little groups or you (the teacher) can partner with a parent or a child if there is an odd number.

**Class Meets
Tuesdays at 6:30 – 7:00 pm
Beginning January 8, 2019**

For ages 5 years and up



Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountyyymca.org

