

Berkley Parks & Recreation

Yoga In The Park

Family Yoga In The Park

\$35(parent & child)

\$9 additional Family Member

Tuesdays, June 19

Six Weeks 4:50 - 5:20 pm



Grab the kids and head to Jaycee Park for outdoor Family Yoga! We'll explore Movement, Breath, Family and Fun outside in the fresh summer air. At least one parent per family must attend. Please bring a yoga mat or beach towel. Kids age 5(ish) and up and parents. No class on July 3.

Yoga Blend In The Park

6 Weeks 5:30-6:20 pm \$43

Tuesdays, June 19

Come chill out in the warm summer fresh air. All levels are welcome! Options offered for both beginners and experienced yogis. Come as you are! This is an alignment based class that will focus on breath. Build strength through establishing and holding poses that progress into a steady flow. Drop-In for \$9 - Drop-Ins MUST pay online. No class July 3.



Instructor: Miranda Globerson

add \$5 non-resident

Register today at the Berkley Community Center
248-658-3470 or online at www.berkleymich.org