

Berkley Parks & Recreation



NEW

Parent-Child Yoga

Breathe, bend & bond with your child (or grandchild)! Accessible to all ages and experience levels.

Express creativity through movement and learn simple breathing techniques that can be used both on and off the mat. At least one adult per family must attend.

Tuesdays

4:50-5:20 pm

Begins January 8th

\$9 fee (including one adult and one child) to Drop-In Kids 5(ish) and up

Sarah Rollins
Instructor

\$35 for 6 weeks

Take advantage of the great “twofer” rate by taking Yoga Blend also

*Add \$5 for non-residents



Bring a Yoga mat to class

Register today at the Berkley Community Center
2400 Robina 248-658-3470 www.berklemich.org