



Family Yoga



Fundraiser Workshop for Haiti with Dawn Greenly, E-CRYT500

Join us for fun and laughter as parents and children discover one another through yoga play. This fun adventure will include yoga postures for all levels, flying postures, supported stretches, yoga games, breathing practices for stress management, light meditation and guided relaxation. Children must be accompanied by a parent or caregiver.

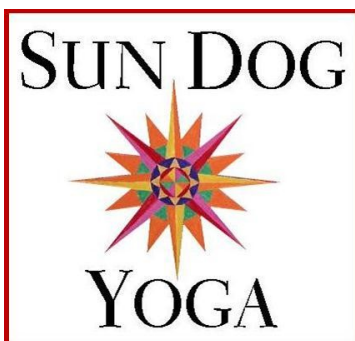
Dawn Greenly holds her 500 E-CRYT with the Yoga Alliance, BS in Psychology and MS in Neuroscience, and has been teaching to yogis of all ages for over 15 years.

Sunday, February 25, 2018...1:00-2:15pm

Fee: \$20 per pair, \$6 for each additional child or adult

(children ages 5-12 yrs.)

***60% of proceeds will go to aid Poverty Resolutions, a non-profit group helping those in need in Haiti. Dawn and her son will be assisting children there in March.**



Enroll in this fun workshop today!

Sign up at the front desk or online at sundogyogastudio.com
17 West State, Doylestown, PA 215-230-4031