



Youth Sports

# Sunday Family Yoga

# Fall 2019



Carve special family time on Sundays and come join us for Sunday Family Yoga for families with children 3-10 year olds. Don't miss the opportunity to bond with your child through yoga poses, mindfulness activities and games. You will get to explore and experience fun partner poses with your child, play yoga games and then relax and unwind side by side. A treat to start the week!

4 Sundays | 4:00-4:45pm

For children 3-10 Years Old

September 15 • October 20 • November 10 • December 8

\$35 per class (1 Parent & 1 Child) | Code: Family Yoga

Additional participant | \$10

*Registration required one week prior to class*

Register for classes ➔ [phillyjcc.com/youthsports](http://phillyjcc.com/youthsports)



Instructor, Ofrit Gal Barash, is a passionate and experienced Yoga teacher, specializing in kids programs. She is certified in Hatha Yoga (Yoga on Main, Manayunk), Kids Yoga (Karma Kids Yoga, NY), Yoga Mom Buddha Baby with Jyothi Larson, Brain Gym 101 with Mari Miyoshi and Yoga for Special Needs by Every Kid's Yoga. Her background is diverse and led her to find her true passion. Following her family move from Canada to the US in 2012, she decided to focus on what she is truly passionate about- yoga and kids. Her mission is to share and encourage an early practice of yoga that can grow with children into adulthood and lead them on a path towards a calm and balanced mind and body.