

SHIVANI^Y
KALI^G_A

family

yoga

With Sivani

SPEND QUALITY TIME WITH YOUR
LOVED ONES IN THIS MONTHLY
FAMILY YOGA WORKSHOP,
DESIGNED TO BRING PARENTS AND
KIDS CLOSER TOGETHER.

THROUGH PLAYFUL POSES, MINDFUL
BREATHING, AND CREATIVE
MOVEMENT, YOU'LL LEARN TOOLS
TO RELAX, COMMUNICATE, AND
CONNECT WITH EASE.

SUNDAYS 14:00–15:00
23.2 | 30.3 | 18.5 | 29.6

For registration & more info
YOGA LUNA

