

# FAMILY YOGA WITH LISA



## Summer Yoga Classes AND Camps coming in July!!



Join Lisa at RDAPC for a great line-up of Family Yoga classes and camps this summer!

Babies, Tots and Tykes will enjoy the routine of weekly classes all summer long. Attending yoga classes also encourages parent community connections.

Tots, Tykes and School Age kids can engage in and be challenged by, fun yoga classes with their parents! Yoga provides our children the opportunity to gain confidence and self-esteem, develop sound body awareness, find outlets for stress and frustration and to manage attention.

All of these programs are intentionally designed as "parented" programs, to be opportunities for you to form deeper connections and bonding with your kids. Yoga provides a strong foundation in flexibility, stability, agility, strength and focus. Our practice will complement any summer sports leagues, dance, martial arts, or competitive activities that your kids are currently attending.

## Summer Camps (One Adult, One Youth) \$80+hst

### July 22-26

Tot Yoga	5:00 – 6:00
Buds & Blossoms	6:15 – 7:45

### August 19 – 23

Tyke Yoga	5:00 – 6:00
Parent & Youth	6:15 – 7:45



## Summer Classes

(One Adult, One Youth) \$80/10weeks

### TUESDAY Mornings

July 2 – September 17 (No Class July 16, August 6)



BABY YOGA (newborn to almost crawling, with one adult)	9:30 – 10:20am
TOT YOGA (able crawler to 24 months, with one adult)	10:30-11:20am
TYKE YOGA (2 to 4 years, with one adult)	11:30-12:20pm

For more information and class descriptions, please go to [www.get.on.ca/rdapc](http://www.get.on.ca/rdapc)

or

[www.yoginimama.com](http://www.yoginimama.com)

To register please contact Dave Nichol at 518-856-9596 ext 201 or [dnichol@get.on.ca](mailto:dnichol@get.on.ca)

