

FREE YOGA FOR FAMILIES

for Parents and Kids age 9 and up
At Arvada Pediatrics Wednesday Evenings



Why YOGA?

- Increase strength
- Increase flexibility
- Improve balance
- Find focus
- Reduce stress
- Sleep better
- Self confidence
- Master breathing

ABOUT YOGI MISSY

Yogi Missy has been practicing yoga for several years and believes strongly in the benefits to body and mind. She want to share this with young adults to offer another tool toward success. She completed her 200 Hour Registered Yoga Teacher Training at Better Buzz Yoga in Denver, CO.

Email now to get info! 10 spots per class

1 hour vinyasa yoga classes will be coming to the lobbies of the Arvada and Broomfield offices of Arvada Pediatrics. Just send an email to get on the list to keep up to date with all the details

YOGIMISSYCOLORADO@GMAIL.COM

