

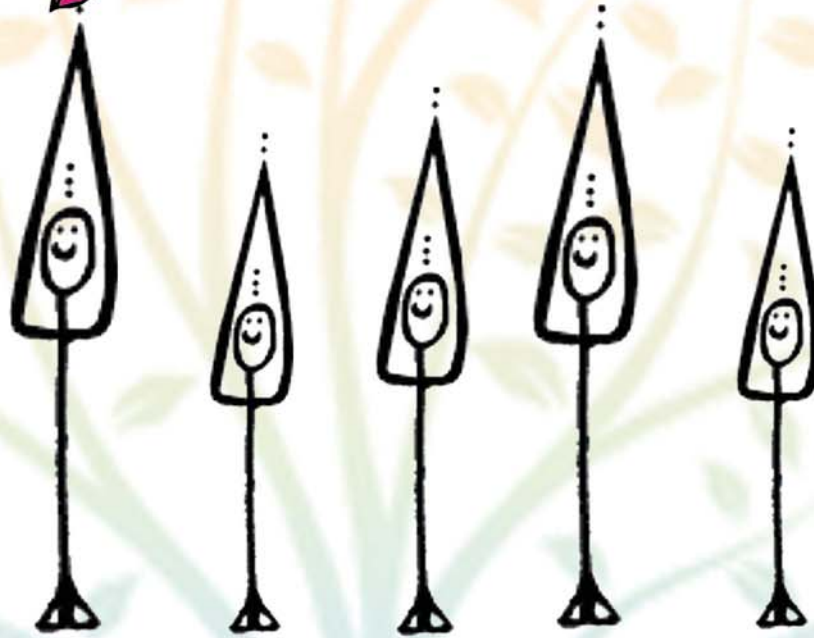


Yoga4Kidz

presents

# Family Yoga Day

SAT  
Nov 14  
1-3 pm



Come join Suzanne Slocum-Gori and Anila Lacroix as they guide families on a magical and playful yoga journey. Children and their families will experience the benefits of yoga through the practice of compassion, patience, mindfulness and giving. Suzanne and Anila will utilize asana (physical postures), pranayama (breathing exercises) and meditation in order to cultivate a connection to our individual hearts and to our families and communities. Don't miss it. Space is limited. Please RSVP: [info@yogaforthepeople.ca](mailto:info@yogaforthepeople.ca) or 604-710-7267

Location: Yoga for the People  
150 West Hastings  
Website: [www.yogaforthepeople.ca](http://www.yogaforthepeople.ca)

Yoga for  
the People

Yoga4KidzSociety

physical fitness • mental fitness • social fitness

[yoga4kidz.com](http://yoga4kidz.com)

\$50 per family (limited to 2 adults and 3 children). Age range for children from 5-12 years old. Please call 604-710-7267 if there are any questions about these conditions.