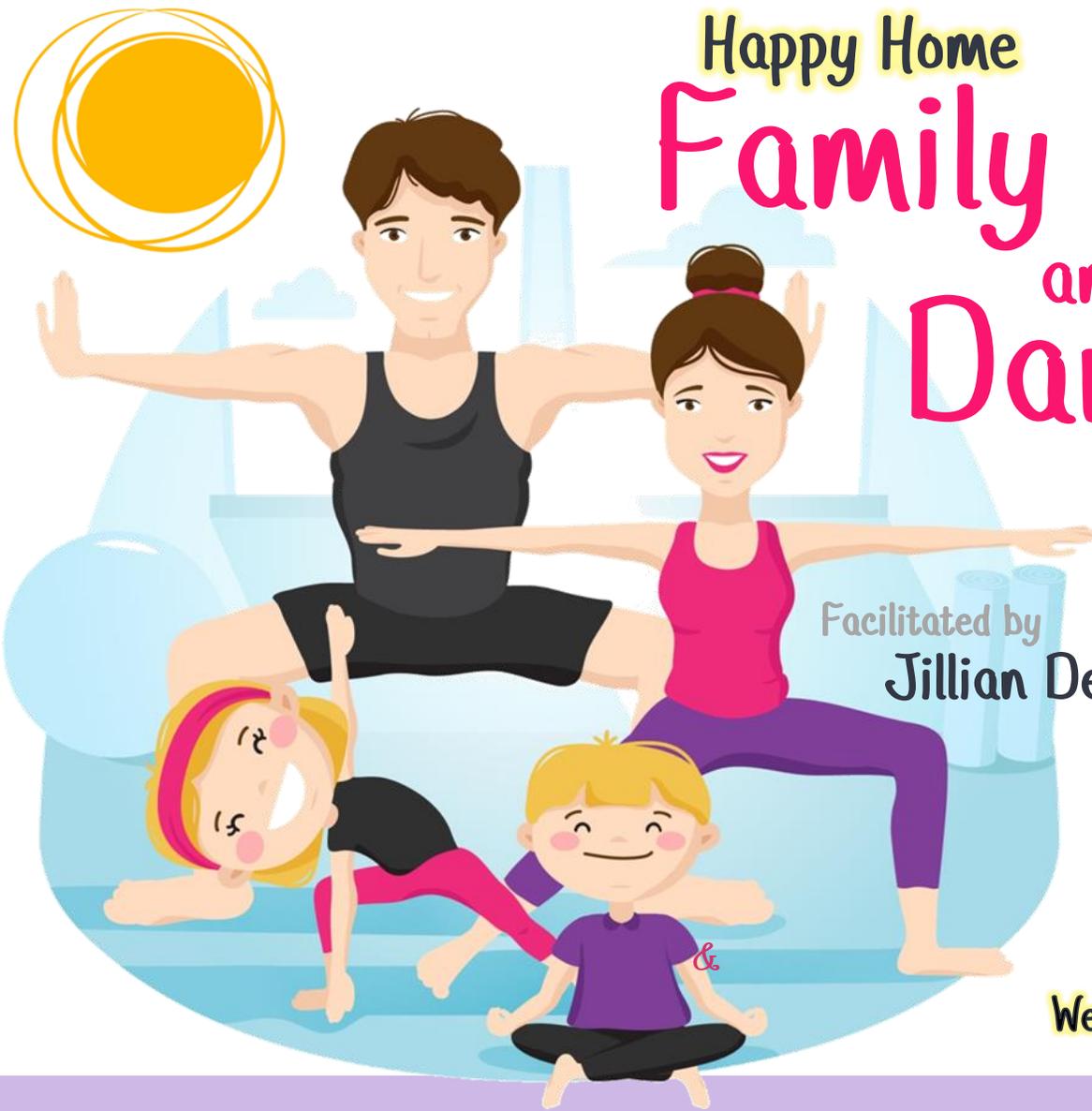


Happy Home Family Yoga and Dance!



Facilitated by
Jillian Delabar-Galarsa

**FREE 6-week
Recorded Series
Starting
Wednesday, April 15th**

**With yoga and dance,
everything is more playful and fun!**

Build your emotional resiliency, spend healthy and happy quality time together, and alleviate stress and tension. Through our family yoga and dance series you will strengthen your bonds, support one another, and most of all have fun!

Starting April 15th, look out for weekly, daytime stress-busting activities and opportunities to reset from the day with our night-time yoga sessions.

There will be 2 new classes posted each Wednesday, for 6 weeks, in the Classes and Workshops section under For Families on First 5 Siskiyou's website for you to enjoy in your home at your convenience!

Click here for classes:

<https://first5siskiyou.org/parenting-education-classes/>

Questions? Please call (530) 918-7222.



Jillian Delabar-Galarsa is a Certified Yoga and Dance Instructor and has been instructing for six years, with over 500 hours of training in yoga, dance, and mindfulness specializing in children and birthing women. She views dance and movement as medicine for the soul and believes through mindfulness we can change the world.