



YOGA TOGETHER

Family Yoga Classes

THEMES FOR SUMMER, 2026

June 13: Sunshine & Summertime Stretch

June 27: Beach Breeze Family Flow

July 11: Campfire Calm—Family Camping Yoga Adventure

July 18: Ahoy & Namaste—Ocean Family Yoga

July 25: The Whispering Woods Adventure

August 1: Lavender Themed—Purple Fields & Peaceful Hearts

August 8: Wilderness Wanderers: A Family Yoga Trek

August 15: The Grateful Sunflower

August 29: Ocean Motion—End of Summer Family Flow

IMAGINATIVE MOVEMENT

Themed yoga sequences where families transform into animals, nature elements, or adventurers.

INTERACTIVE GAMES

Cooperative, active games that reinforce balance, coordination, team building, and a lot of laughter.

CREATIVE CRAFTS

Hands-on art projects related to our weekly theme that give kids a calming, mindful takeaway to bring home.

SWEET & SAVORY SNACKS

A relaxing social circle at the end of class featuring kid-approved & allergen-friendly snacks