



# 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