

mother & daughter yoga practice

with Lisa Pedersen

sundays, 01/31, 02/14, 03/14 from
1:00 - 2:30 - fee: \$40/ea. Age 8 and up

Research continues to show how important the mother/daughter relationship is, having profound effects throughout the lifespan. Take the time now to develop this relationship further through yoga. Experience an amazing practice together!



Allow your daughter the opportunity to see you trying something new, taking risks and challenging yourself. (*No yoga experience is necessary for the class). Allow yourself the chance to witness your daughter building her self-esteem, increasing her communication skills with you and learning the fine art of relaxation.

You will accomplish all this by learning:

- different forms of yoga breathing
- yoga postures (some done in partnership)
- visualization and imagery for creating a strong mother/daughter bond

Advanced registration is required. Please contact LYFE to register or for more information:

info@LYFEyogacenter.com

310 374 5933

Proceeds will go towards the Hermosa Beach Education Foundation. HBCSD is not providing sponsorship for this event.

