

# Bright Horizons at Democracy Center

## *Family Yoga Class*

**July 13, 2018**  
**10:30 – 11:30 a.m.**

**Join us for a fun morning  
of outdoor yoga!**



Yoga promotes circulation, relaxation, digestion, and body awareness, all important in helping develop happy healthy children.

- Learn from an instructor from Thrive Yoga
- Meet our Center Director Natalie Newell
- Children of all ages are welcome

**\*If you have your own mat please bring it along**

**\* Use the visitor parking lot and meet us in the plaza outside our building**

*Please RSVP*

### **Bright Horizons at Democracy Center**

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