

FAMILY YOGA CO-OP

Santa Cruz's only family friendly yoga class!

No babysitter? No problem!

Bring yourself and your children of all ages and enjoy yoga and community. Lots of fun for all! Co-op with other parents to watch the kiddos while we throw down a little yoga love. Let's make yoga a family affair!

Boulder Creek Recreation

13333 Middleton Ave

Fridays

1:00-2:15

Starts Sept. 18th!

Sundays

11:00-12:15

Starts Sept. 27th!

\$12 drop in/\$50 for 5 classes



Candice Garrett is a trained yoga, prenatal and pelvic health teacher, mother of three, and author of "Prenatal Yoga; Finding Movement in Fullness." She has completed trainings with Senior Iyengar teacher Kofi Busia, Leslie Howard and Robin Sale. She is honored to be assisting Leslie Howard at Yoga Journal San Francisco 2010. For more information visit www.candicegarrettyoga.com