

Family Yoga

Saturdays from 10 am-11 am beginning April 13

in the Larry P. Fleschner Memorial Classroom at
The Maple Center 1801 N 6th Street, Terre Haute

Cost \$5 per person or \$20 per family, scholarships available

Parents and their children are invited to join this special yoga series designed for yogis of all ages. Instructor Ellie Templeton will be leading parents and kids through basic yoga poses, breathing techniques, simple meditation and relaxation. Games, music, props and partner poses will make the class engaging for all students. No prior yoga experience needed. Mats and other equipment will be provided.

Parent participation is required. Parents may attend with multiple children.

A 1:3 parent child ratio or less is recommended.



Ellie has been practicing yoga since 2002 and became a certified yoga teacher (RYT 200) while living in Chicago in 2011. She has been fortunate to practice and teach a variety of yoga styles throughout the Midwest. Ellie is a mother of three and began leading children's yoga classes in Terre Haute in 2014. She has experience teaching "parent and me" classes as well as children's classes for preschool and elementary students.



Visit www.themaplecenter.org to register
The Maple Center
1801 N 6th Street, Suite 600
Terre Haute, Indiana

