



Parent-Child Partner Yoga for children 9-12



Please inquire for upcoming workshops:
yogagardenoregon@gmail.com



This is parent-child interactive yoga class designed for children 9-12. The class will include fun and easy partner poses and mindful games intended to develop both self-awareness and connection. No experience required of either participant!



Tracy Erwin is a certified youth yoga instructor who loves working with young people in public schools and private studios. She lives in Corvallis with her husband and 10-yr-old daughter and practices yoga daily with the help of her two kittens.

For more information or to register, contact: yogagardenoregon@gmail.com