



MINI & ME GIRLS YOGA



**With
Danielle
Brown!**

SUNDAY, NOVEMBER 12TH 4-5:15P.M.
SUNDAY, DECEMBER 10TH 4-5:15P.M.
SUNDAY, JANUARY 14TH 4-5:15P.M.
SUNDAY, FEBRUARY 11TH 4-5:15P.M.

Come strengthen your parent and child bond over Yoga! Join instructor, Danielle Brown and daughter, Gigi, for a workshop focusing on mindfulness training to restore the body and mind! Explore the fundamentals of Yoga including: sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening.

Ages 7-11

Rates:

Members: \$25/class for both Parent & Mini
Non-Members: \$35/class for both Parent & Mini
(*\$5 per extra child or friend*)

****Register online or at the Front Desk to reserve a spot! Space is limited!***



Meet Danielle Brown

Danielle stumbled upon Yoga as a means to free those pesky upper-back knots from habitual poor posture, too many rotations of the shoulder and time spent at a keyboard. The practice of yoga became a practice of unwinding, exploring her inner currents and pooling connections. Danielle is a Registered Yoga Alliance Yoga 200+ hour Teacher, an Academy of Surfing Level I SUP Instructor, SurfSET Trainer, CPR and First Aid certified. She teaches an alignment based, Vinyasa Flow class on the mat and on a SUP board in the summer. Danielle lives in Darien, with her husband and high school sweetheart, Christian and their children, Walker and Gigi. All four Browns love the water and you'll find them splashing around town.