

# YOGA FOR PARENTS, STAFF & TEACHERS: COME STRETCH AND MOVE!

Please email Amy with any questions, concerns, or physical issues that she may need to be aware of before class.

amypancake@gmail.com  
512-466-1168

We will meet outside in the covered pavilion



All levels class!

Bring your own mat!

\*Used mats available to purchase for \$10

**Tuesdays 8-9am**

**starting 6/18/19**

This class is offered by Sun, Moon, Stars free of charge for parents and staff of SMS - join us even if it's not a day you bring your child to school - you may bring your child with you.

For more information on yoga with Amy, visit [www.AmyPancake.com](http://www.AmyPancake.com) or [www.ChakraKidsYoga.com](http://www.ChakraKidsYoga.com) for kids yoga and teacher training