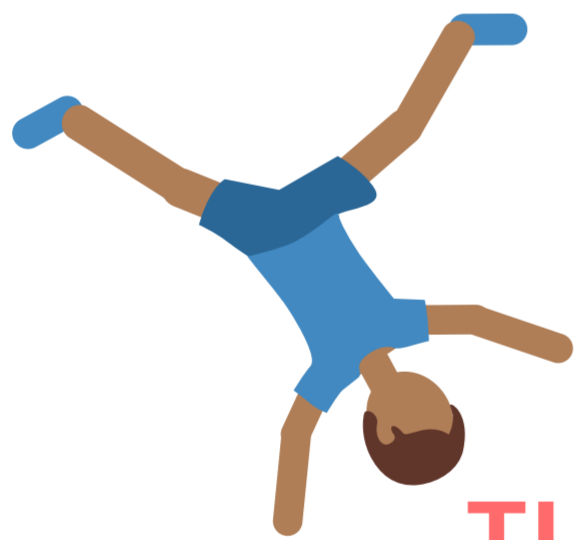


*Come join in on the fun in allowing for your youthful energy to become alive ✨*

# AWAKEN YOUR CHILD SPIRIT FAMILY YOGA

Come join Courtney Windju in her magical offering of an "awakening the child spirit" yoga ensemble. It will include a youthful yoga flow, activities inspiring human connection and a vibrant yoga nidra sequence to end.



ALL AGES & ABILITIES WELCOME!



**TUESDAY, JULY 24TH 6-8 PM**

**\$20 INDIVIDUAL / \$35 FOR TWO / \$40 FAMILY**



HOW TO SIGN UP:

EMAIL [info@sandpointhotyoga.com](mailto:info@sandpointhotyoga.com) or

CALL 208 946 3543 or

SHOWUP 10-15 minutes early for the workshop  
(preferably with curiosity and a willingness to learn)