

Family Yoga Night at Westview! A Westview PAC Fundraiser

June 12th 6:30 - 7:30pm in the gym
\$20 flat fee per family
PAC to receive 50% of all proceeds

Join us for a family friendly community event where we will move, grove, giggle, and laugh our way into gentle yoga poses with our family and friends. The theme is "Day at the Beach" so bring your bright beach towels, throw on a Hawaiian shirt, and get ready to listen to some Beach Boys, Bob Marley, and Little Mermaid Tunes!

Kami will guide us through this all ages/levels class - NO previous experience with yoga is required. You will learn some basic yoga postures, breath work, and relaxation techniques that can help the whole family stay cool this hot summer.

Please fill out this form and return it along with your \$20 family fee to the PAC box outside the office by 9am on Friday June 8th. Cheques can be made payable to the Westview PAC

Family last name: _____
of people in your family: _____
Age range of children: _____