

PLAY



FAMILY  
YOGA

FIRST  
SUNDAY  
11.30-1.00

BREATHE

JOY

BE AT PEACE  
WITH YOUR  
FAMILY

HAPPY



MEDITATE



GAMES



FUN

MOVE

SAT  
NAM

SMILE

KUNDALINI  
YOGA

LOVE



BONDING



## FAMILY YOGA AT YOGA RAYS!

Every first Sunday of the Month from 11.30-1.00pm.

We will do Kundalini Yoga and meditation, play games, dance, and discuss subjects meaningful to you as a family while further deepening the special bond you all share! This is truly meant to elevate you and to help you take home a practice that is a guaranteed method for upliftment, a stronger nervous system, better immunity and stress reduction. Please join Siridyal and Mukhande for a moment in time and space where you choose to put your family and yourself FIRST on the first Sunday of every month ☺ ~ Children all ages welcome! ~

Price: \$12 adult \$6 child

Family up to 3: \$21 (1 adult-2 kids) / Family up to 4: \$27 (2 adults-2 kids)

### YOGA RAYS STUDIO

3007 WASHINGTON BLVD # 205  
MARINA DEL RAY, CA 90292  
[www.yogarays.com](http://www.yogarays.com)



Get Your Raise at Yoga Rays

### MORE INFO

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