

# FAMILY YOGA

BROUGHT TO YOU BY  
SATYA AND SAFE HARBOR  
RECOVERY CENTER



**Safe Harbor  
Recovery Center**  
865 Islington St.  
Portsmouth, NH

**Saturdays**  
1:00 - 1:45 PM

Class is **FREE**

**Led by**  
Shannon Keyes

**All levels of yogis are  
welcome, from first-timers to  
long-timers!**

YOGA IS A POWERFUL WAY  
TO CONDITION BOTH YOUR  
MIND AND BODY, SO WHY  
NOT SHARE THESE BENEFITS  
WITH YOUR CHILDREN? IN A  
FUN AND SUPPORTIVE  
ENVIRONMENT, YOU AND  
YOUR CHILD WILL EXPLORE  
YOGA MOVEMENT, SING  
YOGA SONGS AND DEVELOP  
A DEEPER BOND.

**Questions? Call 603-512-4516**