



IN NORTH SCOTTSDALE INSIDE *AZ ON THE ROCKS*  
16447 N. 91ST STREET, SUITE 105 (AT BAHIA)

# Family Yoga With Aminda Courtwright

**Saturday, 8/28 from  
1:30-2:30 pm**



Here's a unique way to spend quality time with your family in this engaging yoga class. Designed for moms, dads, sons and daughters to practice yoga together. The class will introduce basic yoga postures and includes partner poses and activities to do with your child. It's yoga fun for the whole family. **For ages 6 and up only.**

### About the instructor:

Aminda Courtwright became a yoga teacher in 2004 thanks to the encouragement of her three sons, her soon to be 21-year old twins and her youngest now 15. Her youngest started practicing with Aminda when he was 9 years old and that experience has changed them both forever. Their time on the mat helped them re-connect. Aminda feels that time spent together in joyful exploration helps everyone remember to appreciate the happiness of family. "When we slow down and close the door on school and work and focus on ourselves and each other we cultivate attitudes and habits that will help us all stay happier and healthier and closer in the coming years."

### REGISTRATION:

\$20/ family by 08/22 ~ \$26 afterward

Register [online](#)

\$14/family by 8/22 for unlimited members

\$20 afterward; register [online](#)

*Refunds will not be issued for no-shows and cancellations made less than one week prior to the workshop)*



[www.zenergyyoga.net](http://www.zenergyyoga.net)

480.628.1453

Please register in person or online  
Zenergy Yoga is located inside *AZ on the Rocks*  
16447 N. 91st Street, Suite 105 ☞ Scottsdale, Arizona 85260 ☞  
480.628.1453 ☞ [www.zenergyyoga.net](http://www.zenergyyoga.net)