

Family Yoga



MFC

Name: Miami Family Club
 Company Name: Miami Family Club
 Name:
 Phone: + 1 305-9240443
 Country: United States
 State/Region/Province: Florida
 City: Sunny Isles Beach
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Listing details

Event title: Family Yoga

Event description:

Why are so many people in the world practicing yoga? How is this activity suitable for children? Yoga is an ideal excuse for parents and children to share physical activity, but it also provides an opportunity to improve the inner world. Parents and children who practice yoga can strengthen the immune system because the postures not only massage various organs of the body, but also strengthen the muscular system. Added to this are breathing and yoga techniques that help relieve stress, which leads to an improved immune system. Family yoga helps to build a closer and more trusting relationship with the child; helps to improve the well-being of adults, develop joint mobility and strengthen the muscles of the back; develops attentiveness, motor skills, flexibility and coordination in children. Yoga helps improve concentration, stimulate imagination and release your energy.

Common

Event date: from Sep 11, 2021 to Sep 12, 2021

Posted: Aug 30, 2021

Event rates

Price from:

Location

Country: United States

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