



BIRTHDAY PARTIES

- 90 minute parties for ages 4 & up
- Location
Everyday Fitness for Everyday Women
West Peabody Office Park
83 Pine Street, Suite B
Peabody, MA
- \$175 (up to 10 children)
\$12 each additional child (up to a maximum of 15)
- Weekend parties are preferred and can be scheduled from 12pm onward
Weekday parties offered from 3pm-4:30pm

Included in your \$175 flat fee is:

1. Set up (tables and chairs)
2. Yoga:
 - a.) A theme (e.g. respect for ourselves and others) and appropriate music
 - b.) A fun warm up of breath work, centering and poses
 - c.) 20 minutes of pose work and yoga games (e.g. Yogi Says & Pretzel People)
 - d.) Special "key pose" (often a head stand fully supported & done one at a time)
 - e.) A closing story that ties into and reinforces the theme.
 - f.) Final relaxation, breathing and closing together as a class.
3. Time for food/refreshments
4. If time allows, we reconvene as a group on the yoga floor in a circle to open gifts.
5. Clean up and trash removal

You provide:

Decorations (table cloths, balloons etc), paper goods, cake and other food/refreshments, favors*

**Individually wrapped yoga cookies can be provided at an additional cost of \$3 per child (please note if there are any children attending with food allergies)*

CALL 978-766-0365 or visit our web site <http://www.me-timeyoga.com/> to book now!