



Amy Rau - Instructor

I am a certified yoga teacher registered with Yoga Alliance with specialty training in Yoga for children.

Yoga for Everyone

SUMMER YOGA

Join us Saturday July 20, July 27 & August 3 for Family Yoga!

Location: Best Western Plus Ocean View Resort

414 North Prom

Seaside, OR 97138

Time: 9:30 a.m.

\$10/adult

\$5/ages 6-12

5 & under free

Venmo/PayPal/Credit/Debit accepted

All ages welcome!

Drop ins welcome!

Yoga mats available if needed

Sign up for all My Yoga Place classes via our website:

<https://www.myyogaplaceoregon.com/book-online/>



myyogaplaceoregon.com



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