

Join



and



BYS Yoga is offering ABOARD families 2 FREE sessions of Yoga.

The first session will be for the entire family who have a child with autism. Come out as a family to enjoy and learn the benefits of yoga!

The second session will be for teens and adults on the spectrum to come out and experience a new class and meet each other.

The classes are for all levels and beginners welcomed!



**FAMILY CLASS
November 5, 2011
3:30 P.M. - 4:45 P.M.**

**TEEN/ADULT CLASS
November 5, 2011
5:15 P.M. - 6:30 P.M.**



**BYS yoga, LLC - 1113 East Carson St., 3rd Floor, Pgh., PA 15203
412.481.YOGA (9642)**

Although this event is FREE from BYS, we do still ask that you register for the event!

Please register at www.aboard.org!