



SoulShine Life &  
Mindful Music  
Psychotherapy  
Present:

# Family Yoga and Sound Bath

SoulShine Life's founder, April Cantor, and Katie Down of Mindful Music Psychotherapy, are offering a wonderful afternoon of movement and music for the whole family at the Body-Mind Center in Park Slope!

Families will have fun engaging in new ways of moving, breathing, and presence through deep listening and sound-making with voices and instruments!

Best for kids 3 years of age and up.

**SATURDAY, December 6<sup>th</sup> 3pm – 4:30pm**

**\$30 1 adult/1 child \$10 additional sibling/parent**

**BODY-MIND THERAPY CENTER**

274 4th Avenue, 2nd Floor Brooklyn, NY 11215

[www.thebodymindcenter.com](http://www.thebodymindcenter.com)

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