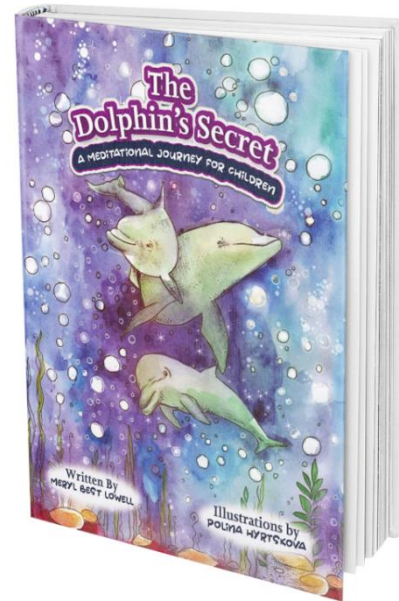


# The Dolphin's Secret: Yoga Nidra Family Event



## Family Yoga Event

Sunday, April 28<sup>th</sup> 1-3p.m.

Adults and children alike, channel your inner mermaid, merman, or dolphin and join the fun!

Yoga ~ Story Time ~ Coloring & Cookie Decorating

Come celebrate the release of Meryl Best Lowell's book, *The Dolphin's Secret: A Meditational Journey for Children*, which includes a Yoga Nidra experience for kids. Suggested age of children 4-8 years.

Free copy of book for each family who pre-registers (by 4/25). Space is limited. Price is \$20 to attend.

Sponsored by Ocala Yoga Center

Hosted by Meryl Best Lowell