



Join Us for this Spring 2025 Special Event!

Mother-Daughter Yoga



Friday, May 9th 6:30-7:30 pm

De-stress *together* with a rejuvenating evening of yoga this Mother's Day weekend! The perfect opportunity for mothers and daughters to bond with each other in a peaceful setting. Let Ana guide you both through a practice of gentle postures and sequences to build strength, balance and flexibility while centering your mind with Springtime vibes of renewal. Allow this time and space to be present and nurture your relationship. This special event will leave you both feeling refreshed and connected.

Suitable for all levels. No prior yoga experience required. Open to ages 12 and up. Bring your own yoga mat, water bottle, or whatever you need to be comfortable. Yoga mats are available to borrow if you do not have your own. **\$30 per Mom/Daughter pair - \$15 for each additional daughter**

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Ana Merchak lives a vibrant, peaceful life in Stevens Point, Wisconsin with her husband and 3 children. She received her education in Health & Wellness at the University of Wisconsin-Stevens Point and is passionate about helping people feel balanced and whole through mindful movement. Ana is a Certified Wellness Practitioner (CWP), Experienced Yoga Teacher (E-RYT 200), and Registered Prenatal Yoga Teacher (RPYT). Studying yoga for over two decades, she has found the practice to be the ultimate path to a happy and healthy lifestyle. Ana is a practitioner of living in the present moment, a seeker of synchronicity and a believer that beauty is found everywhere.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com