

Move Together. Breathe Together. Belong Together.

Kids & Caregivers Yoga with Miss Toni — a short, joyful class designed for little ones and the grown-ups who love them.

Saturdays at 11:45 a.m.

Airs Above Yoga

Scan for Details

What Is Kids & Caregivers Yoga?



This is a class built for **two** — you and your little one, on the mat together.

Miss Toni leads caregivers and children through playful poses, animal sounds, breathing games, and gentle movement that little bodies (and big ones!) love. No yoga experience required — just a willingness to giggle.

Classes run **30–45 minutes**, making it easy to fit into your day without the overwhelm. And because this is an **event series**, memberships and class passes do not apply — every session is pay-per-class so you can join whenever it works for your family OR sign up for the series at a discounted rate!

Meet Miss Toni



Antonette — known to her students as **Miss Toni** — brings warmth, patience, and a whole lot of fun to every class she teaches.

With a gift for meeting children exactly where they are, Miss Toni creates a space where kids feel safe to wiggle, wonder, and try new things. Caregivers leave feeling recharged and more connected to their little ones.

Her Kids & Caregivers sessions are among the most loved offerings at Airs Above Yoga — and spaces fill fast. Don't wait to grab yours.