

## Mom Zen

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**Date :** Jun 09, 2018 - 09:00 AM - 11:00 AM

**Event URL :** <http://www.AustinEventsList.com/events/mom-zen-jun-2018>

**Organizer :** DFWChild / Nasher Sculpture Center

**Venue :** Nasher Sculpture Center

**Location :** 2001 Flora St, 2001 Flora St  
Dallas, TX, USA, ZIP: 75201

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**Ticket Price: Yoga: USD 8.0, Pilates: USD 8.0**

Just as school let's out for summer and insanity ensues, we want to provide moms with a mindful reset. Power your happy at DFWChild's Mom Zen presented by the YMCA.

Put those yoga pants of yours to good use as we take over the zen-like garden of the Nasher Sculpture Center. Take your pick of either morning yoga or pilates lead by the Y's experienced instructors. Light breakfast bites, mimosas, and coffee will be served immediately following each 30-minute practice. While you nosh, relax even further with chair massages, skincare demonstrations, giveaways, and more.

Feel good while you do good. 100% of ticket sales will benefit the Nasher Sculpture Center.

Complimentary valet included. Must be 21 to attend. Sorry, no refunds.

**URLs:**

Facebook : <https://go.evvnt.com/226262-2?pid=1060>

Twitter : <https://go.evvnt.com/226262-3?pid=1060>

**Prices:**

Yoga: USD 8.0

Pilates: USD 8.0

**Event Categories :**