

Jtty Bitty Baby Yoga

(and a little pilates too!)



\$80 for 8 weeks

**Registration begins
September 11th**

Wednesdays

10:30-11:30 am

October

(4, 11, 18, 25)

November

(1, 8, 15, 22)

Come participate in a fun and relaxing 8 week Yoga class for you and your infant 6 weeks - 6 months of age. This class is for babies and caregivers alike will include some Pilates which is a safe way to gently tone post-partum, and will provide a bonding session through touch, sound, and relaxation!

