



Fall 2018
Little OMmies
Caregiver +
Baby Yoga
with Yoga Jen



Session 1: October 2, 9, 16, 23
Session 2: October 30, November 6, 13, 20
Make up Class: November 27

Time: 12:15-1:00p
Fee: \$110/4 week session
\$30/drop-in
Age: 5 weeks to crawlers

This class is a great way to spend time bonding with you baby, and to meet other local caregivers in Little OMmies!

Practice yoga postures that help strengthen and tone the body. Uniting breath and movement will help promote inner peace that all caregivers can use!

Baby Yoga exercises, coupled with massage, will help the teeniest yogis in muscular development, aid in digestion and help with circulation.

This class is appropriate for all levels. Beginners welcome!

**Contact Dena Vigilis at 516-521-3539 or dvigilis@gmail.com to register*

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