



# Winter 2018 Little OMMies Mom + Baby Yoga with Yoga Jen

Session 1: January 9, 16, 23, 30  
Session 2: February 6, 13, 27 March 6

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

This class is a great way for moms to spend time bonding with their babies, and to meet other local moms in Little OMMies!

Moms will practice yoga postures that help strengthen and tone the body after labor and delivery. Uniting breath and movement will help promote inner peace that all mothers could 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. Dads, caregivers and beginners welcome!

*\*Contact Dena Vigilis at 516-521-3539 or [dvigilis@gmail.com](mailto:dvigilis@gmail.com) to register*

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