



# *Mommy, Daddy & BABY!!*

Sunday, September 25

2:00-4:00pm

***Please join pre & postnatal teacher Arati Lane for a playful Yoga workshop for new Moms, Dads & Babies!***

We'll practice postnatal Yoga poses that focus on gentle stretching and strengthening, as well as mindful relaxation and breathing exercises. Special focus will be on poses that strengthen the core and help alleviate back pain and tight shoulders ...and other specific needs of new parents.

You'll have lots of fun connecting with your baby through interactive Yoga, partner Yoga and infant massage.

***Recommended for newborns through 9 months (pre-walking).***

***NO YOGA EXPERIENCE REQUIRED. Grandparents or caregivers also welcome!***

***Fee: \$20 per person, \$40 per family; \$25/\$50 Day of***