



Baby & Toddler Yoga Class

Mondays ~ 10:30-11:30 am

Aug 24, 31, Sept 7, 14, 21, 28

Join Daniela Schwartzman, Certified Yoga Instructor via Zoom!

This class is a hybrid class of live and pre-recorded instruction for parents to enjoy with their children, age 0 to 2 years old.

Benefits of joining:

- Learn a variety of unique and fun yoga postures designed to enhance parent/child relationships and aid in the growth and development of your child.
- A fun way to take time out of your day, in your own home, to enhance bonding with your baby and your more independent, more mobile toddler.
- Improve digestion for relieving gas and colic, while improving babies' and parents' sleep.
- Learn ways to support and soothe your little ones as they grow into their bodies and explore their surroundings.
- A calming and nurturing yoga practice for babies, toddlers and caregivers.

Register to receive a Zoom link invitation by emailing cbiondi@capecodchildrensplace.com or call the Cape Cod Children's Place at (508) 240-3310 for additional questions or family support needs.

For more information visit [our Facebook Page](#) or www.capecodchildrensplace.com

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