



Baby Yoga Class

Mondays 10:15-11 am

April 25, May 2, 9, 16, 23 (skip 30), June 6

Snow Library, Orleans

Join Daniela Schwartzman, Certified Yoga Instructor

- Baby Yoga focuses on learning skills for adult caregivers and their **pre-walking children**
- Learn calming and nurturing skills with your child.
- Practice with your babies and other families in a safe setting at Snow Library.
- Designed to enhance parent/child relationships, aiding in the growth and development of your child, while improving digestion that relieves colic.

A fun way to take time out of your day to learn ways to support and soothe your little ones as they grow into their own bodies.

Registration is required. Space is limited. Use of safety precautions is required.

Call the Cape Cod Children's Place at (508) 240-3310 to register.

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

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