

Wee Baby Yoga

Babies are naturally strong & flexible, and yoga can help maintain this as they grow. As they develop through yoga, it can help build both fine & gross motor skills. They will love spending time with their parent, hearing music & enjoy the company of other children. Poses & stretches have been proven beneficial to aid in digestion, improve sleeping patterns & provide soothing techniques, all the while baby learns body awareness & new language skills.

Newborn-6 months

Fridays 10:00-10:30 a.m.

6-12 months

Fridays 11:00-11:30 a.m.



**Classes begin Friday, March 9 and
continue until March 30 at the
Chestermere Public Library**



*Space is limited; registration is required
Energizer night will be held Wednesday,
January 11, 2012 at the Chestermere*