



Baby Yoga Class

Wednesdays ~ 11:00 - 11:45 am

January 5, 12, 19, 26, February 2, 9, 16

Dennis Public Library

Join Daniela Schwartzman, Certified Yoga Instructor

This class is for parents/caregivers to enjoy with their children, (starting age 2 mos)

- Baby Yoga focuses on **pre-walking children** and their adult caregivers
- Learn calming and nurturing skills with your child
- Practice with your babies and other families, socially distanced, in a safe setting
- 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 health & safety precautions is required. Call the Cape Cod Children's Place at (508) 240-3310 for additional questions or family support needs.

For more information on winter programs being released, visit [our Facebook Page](#) or www.capecodchildrensplace.com

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