



Tykes/PreK Yoga Playgroup

Mondays from 9:30 - 10:15 am

First Session: Jan. 4, 11, (skip 18), 25, Feb. 1, 8, (skip 15), 21
Second Session: March 1, 8, 15, 22, 29, April 5

Join Certified Yoga Instructor, Daniela Schwartzman, and other children and families on Zoom for fun and learning!

Tykes/PreK Yoga was developed for parents and their children, ages 2 to 5 years old. Participate in this parent/child activity at home on Zoom, for social connection and fun! Each class is based on a story or theme that includes live and pre-recorded sections.

The Benefits:

- Help your child to develop body awareness, coordination and flexibility, having fun with the important adults in their lives.
- Parents and children feel happier, more emotionally balanced, and connected.
- Yoga, movement and song can enhance bonding between parents and children.
- Children learn turn taking, patience, social emotional learning through stories.
- Enjoy playing with virtual friends on Zoom. It's fun and educational!

You will receive a private video after each class to enjoy the pre-recorded portion again and again at your leisure, with your family, for extended learning.

Register to receive the Zoom link by emailing info@capecodchildrensplace.com

For more information call (508) 240-3310. Visit our Facebook Page & website capecodchildrensplace.com

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