



## Baby Yoga Class

**Wednesdays ~ 11:15 - 12 pm**

**March 1, 8, 15, 22, 29, April 5**

**South Yarmouth Library**

**Join Daniela Schwartzman, Certified Yoga Instructor**

(starting age; 2 mos to pre-walking babies)

**"Baby Yoga"** is a calming and nurturing yoga practice for babies and caregivers. You will enjoy numerous yoga poses, rhymes and activities that babies love! This developmentally-centered program gives parents and caregivers the tools and support they need to bond with and comfort their little ones as they grow into their bodies and explore their surroundings.

- Learn a variety of unique soothing and fun yoga postures designed to enhance parent/child relationships and bonding, as well as to aid in the growth and development of your child.
- Improve digestion for relieving gas and colic while improving babies' and parents' sleep.
- Help develop your child's literacy skills through rhymes and songs in combination with movement. **No prior yoga experience required.**

**Registration is required.**

**Call the Cape Cod Children's Place at (508) 240-3310**

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

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