



# Peaceful Babes Yoga

*ages 2-5 with supervising adult*

Join Jenya for a Yoga/Movement playgroup using Australian "Peaceful babes" strategies. Get healthy, have fun, feel calm and more bonded with your child! Songs, movement, and body awareness exercises will promote coordination, flexibility, self confidence, emotional balance and self discovery, for both parent and child. Children learn turn taking, patience & social emotional learning through stories.

*Mondays: April 3 - June 5 (skip 4/17, 5/29)*

*Truro Community Center: 9:30-10:15am*

*Wellfleet Preservation Hall: 11:00-11:45am*

*Fridays: April 7 - June 15 (skip 4/21)*

*Chatham Community Center: 10:30-11:30am*

*Snow Library, Orleans: 1:00-2:00pm*

**Registration is required by calling Cape Cod Children's Place  
(508) 240-3310**

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