



Peaceful Babes Yoga Playgroup

ages 2-5 with a supervising adult

Join Jenya Nesterova for a yoga & movement playgroup using Australian Yoga strategies. Songs, stories, movement and body awareness exercises will promote coordination, flexibility, balance, and confidence for all. Simple yoga positions encourage self-discovery and positive self-image

Mondays, September 11th - October 2nd
Wellfleet Preservation Hall: 10:00 - 11:00am
Snow Library, Orleans: 1:30 - 2:30pm

To register, call Cape Cod Children's Place
508-240-3310

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