



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, January 22nd - February 12th
Snow Library, Orleans: 1:30 - 2:30pm*

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

This programming is funded by a SAFE Child Communities grant through the Children's Trust and a Coordinated Family and Community Engagement (CFCE) grant from the MA Dept. of Early Education and Care, administered by the Cape Cod Children's Place.



Snow Library

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