



# Baby Yoga

*ages birth - 1 with a supervising adult*

Join Julie for beneficial postures for babies, massage techniques, nursery rhymes, and guided meditation for caregivers. Geared toward pre-crawling and crawling babies. Older siblings welcome.



*Tuesdays, 10 - 11am*

*8/13, 8/20, 8/27*

*Whelden Library lawn, Barnstable*

To register, call Cape Cod Children's Place

508-240-3310

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