



YOGA with LITTLES

Thursdays 11/9, 11/16, 11/30 and 12/7

9am Baby & Me [Enroll Here](#)

10am Toddler & Me [Enroll Here](#)

Bring your babies + toddlers and join us for Yoga With Littles classes!

Yoga With Littles classes incorporate gentle movement, breathing, and mindfulness for both moms and little ones. Classes are designed to help you connect and bond with your little one while making new friends.

Babies and toddlers benefit from an early introduction to mindful movement, breathing, stretching, and socialization.

Mothers benefit from stretching, breathing, and taking time for self care while joining a community of other new moms.

The Baby + Me Yoga class is best suited for babies age newborn - 12 months

The Toddler + Me Yoga class is best for toddlers ages 1 year and up

Cost: \$100 for the 4 week series

