



£2.50 per session



Baby Yoga

- ◇ Gentle stretching and movements to rhymes for baby
- ◇ Gentle yoga for you to do together
- ◇ Relax, bond deeper, connect and have fun with your baby.



Next Course starts:

Monday 30th July 10 am at Green Lane Children's Centre

Bring baby's blanket and loose fitting clothing and we will provide yoga mats.

5 Week Course

For non-mobile babies 12 weeks and over

Priority given to HHE families

