

# Baby & Me Yoga



Join us for this fun and relaxing Baby and Me class for babies up to age 15 months.

This yoga class will be a playful bonding activity for you and your baby! We will incorporate stretching, static poses, and focusing on the breath, along with increasing strength and flexibility. Baby will also benefit, not only from the bonding experience, but Yoga aids in digestion and may help baby sleep more soundly.

The class is open to all levels, from beginners to advance practitioners. Please bring your yoga mat and water. Come practice with us!

**FALL SESSION 2017**  
**October 10<sup>th</sup> - Nov 14<sup>th</sup>** (6 weeks)

**Tuesday Mornings 9:00 - 9:45 am**

**Location:** CABIN; 600 W Lippincott Lane

**Instructor:** Annie McCauley

For Babies up to 15 months old

**Fee: Resident: \$45    Non-Resident: \$50**

**BABY & ME YOGA ~ REGISTER NOW!**

Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_ AGE: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**BABY & ME YOGA - Class Code: 152**



Please make checks payable to:  
Borough of Haddon Heights  
**ATTN: Programs**  
625 Station Avenue  
Haddon Heights, NJ 08035

Questions? 856-546-2585 / [ProgramCoordinator@HaddonHts.com](mailto:ProgramCoordinator@HaddonHts.com)