

# YOGA FOR MOMS AND TOTS

STARTING 2 MAR 2019



**Date:** 2 Mar - 6 Apr 2019

**Day:** Saturdays

**Time:** 10am - 11am  
(with 20 mins free play)

**Age Group:** 2-5 years

**Price:** BD36 (6 classes)

**Teacher** Leena Alwazeer

**To Book** call 17591565

## **About This Class**

This stimulating class is a great space for toddlers to develop their brains, have fun and get stronger in a safe, non judgemental environment.

We will be practicing yoga poses, playing music, singing songs and telling stories. This 40 minute class will be followed by 20 minutes of play time

where both children and caregivers can socialise.

Each tot is accompanied by a caregiver giving a safe bonding experience.

This class is Breastfeeding friendly.