

BABY & ME

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KIDS YOGA

Starting in April

Baby & Me Yoga Bonding

This unique, easy-to-follow yoga sequence incorporates fitness, fun, and togetherness while educating you (moms, grandmas, and other caregivers) about your baby's energy and body. Build a strong bond of trust and security with your baby while integrating them into your practice and connecting with other new moms (or dads!) in a warm, supportive community! Babies birth to crawling. On-going four week sessions.

Mothers with Babies birth to Crawling
Tuesdays
11:15 AM to 12:15 PM
\$40- 4 week session or \$12 Drop-in

Kids Yoga

The children's yoga course is designed to introduce children to a variety of yoga poses and build on cooperation, focus and flexibility. Children will participate in a variety of games, team poses and songs in a non-competitive environment where the overall emphasis is on being a child and bringing out the creativity in your child. Children should wear comfortable clothes and bring a Yoga mat and water.

Ages 5 to 7
Saturdays
12:45 PM to 1:15 PM
\$20- 4 week session

Sign Up
Today!

west
sacramento
COMMUNITY CENTER

Pre register online or
register at the front desk

For more information please visit:
westsacfun.org or call (916) 617-4620

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