

# Baby Yoga



- Tone your body
- Relax your mind
- Bond with your child
- Improve your child's physical and emotional development
- Promotes sleep & restores calm
- Soothes colic
- Have fun with your child
- Meet other parents

Wednesdays 11 am till 12 pm  
£ 4 per class

Book Wednesdays baby yoga and come to  
baby swim class on a Monday 2.10-3.10 for  
just £1 extra!