



FREE

Mum & Baby YOGA

FREE

Supported by our Children's Centre staff

Mum & Baby yoga classes are a great way for mothers and babies to bond, stretch and strengthen, as well as relax together in a calm, supported and safe space.

Classes are suitable for Mums who are completely new to yoga, as well as those with some experience, and for babies from approximately **8 weeks - 8 months (pre-crawling)**.

All equipment provided, and of course you can feed or change your baby whenever needed.

Wear comfortable clothing and bring a water bottle and a blanket for baby to lie on.

When:

Term Time following our **Baby Stay & Play Session (9.30-11.00)**

Course 1 (6 weeks): Monday 24 February - Monday 30 March

Course 2 (5 weeks): Monday 20 April - Monday 18 May

Course 3 (6 weeks): Monday 8 June - Monday 13 July

Time:

11.15-12.00

Where:

**Paddock Wood Children's Centre,
Wesley Centre, TN12 6DS**

**To book, please ring
Paddock Wood Children's Centre on
03000 411 035**