



Rockmosa Community Centre

110 Rockmosa Dr.
Rockwood, ON

BABY YOGA

*Newborn to almost crawler, with
one adult*

Explore dozens of yoga poses designed specifically to be enriching to your baby and to support developmental movement discoveries. Each class is filled with calming, nurturing ways to enhance bonding, aid baby's digestion and improve sleep patterns. For parents, this class is a special opportunity to meet other moms, get support and learn about baby's emerging personality.

Wednesday

11:00 A.M. to 11:45 A.M.

September 26 to November 28

\$80

TOT YOGA

*Able crawler to 24 months, with
one adult*

Watch tots become more confident as they are encouraged and supported in their physical explorations. Your tot will playfully practice yoga poses with your assistance. This is a faster-paced yoga class because of the tots' newfound mobility and curiosity.

Thursday

11:30 A.M. to 12:15 P.M.

September 27 to November 29

\$80



REGISTER TODAY!

Community Program Coordinator: mbiffis@get.on.ca • 519-856-9596 Ext. 139 • www.get.on.ca

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