

Mom & Baby Yoga

Mom and baby yoga is a special time to connect and explore with your baby in a playful yet mindful atmosphere.

We will stretch and renew tired and overworked muscles, strengthen underused supporting muscles and reconnect with our bodies while bonding with our babies.

12 week session
Mondays, Sept. 27 – Dec. 20
(no class Thanksgiving)
10 - 11 am

\$162 + hst

2 payments can be arranged for this session :
Sept. 27 & *Oct. 27 (* *post-dated cheque required*)

DROP-INS ARE WELCOME \$17 fee (*no class passes allowed*)

1 year membership holders welcome to join at no extra cost

Pre-register at www.yogasudbury.com
or call 705-662-1359 or visit 61 Elm St., upstairs

