



BABY & MAMA Yoga

Practice yoga with your baby. Great time to bond with baby, build core strength and get a little relaxation time too. Join other mamas in this comfortable environment, with freedom to change or feed baby as needed. Class is for those with babies newborn to crawling.

FRIDAYS
11:00AM



Yoga
IN COMMON

Sign up: www.yogaincommon.com
\$35 for month or \$10 drop in