

FAMILY AND BABY YOGA



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

Baby n Me

Tuesday June 5 to June 26 (4 weeks)

9:45am (45 minutes)

\$60

Baby n Me Yoga is a time to connect with your little one, while getting some needed movement and peace.

Ages: 12 months and under.

Family Yoga

Tuesday June 5 to June 26 (4 weeks)

11:00am (45 minutes)

\$80 (+\$10 per extra child)

Create space to connect, create and cooperate in movement with your child.

Ages: 13 months to 10 years old.

Lori is a RYT 235+ registered with Yoga Alliance, she has 60+ hours of specialized Children's yoga teacher training. With a background in psychology and early childhood education she has a passion for introducing children to yoga and fostering movement, body awareness and creativity.

