

THE YOGA MOVEMENT CENTER



Tot Yoga



Enjoy a delightful, relaxing way to facilitate your tot's development and well being. Based on the Itsy Bitsy Yoga® method, our classes:

- Promote parent/child relaxation and bonding
- Help your baby to sleep longer and better, and provide tips to calm fussy or crying babies
- Encourage your child to develop a healthy body and confident self-awareness and happy spirit
- Better understand your child's developmental movements and learning patterns through the exploration of yoga

The classes are a fabulous way to connect with other mothers and dads at similar stages of parenthood.

Ages: Crawling- 24 Months

Classes Now Forming...Join today!

E-mail Mary Kate at

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