

FAMILY YOGA

For PARENTS & TODDLERS

Program suitable for families with children 2 to 4 years

All equipment and props will be provided,
but feel free to bring your own mat/towel if you prefer.

FREE

Join us for nature-themed yoga, mindfulness activities and calming breathing techniques with props like ribbons, bubbles and pinwheels!

Benefits of Children's Yoga:

- Encourages gross motor development
- Increases balance & coordination
- Develops core strength & flexibility
- Promotes mindfulness & self-regulation
- Relaxes the body & supports better sleep
- Increases focus & concentration
- Teaches gratitude & promotes optimism



★ Limited Space
**REGISTRATION
REQUIRED**
★ registration@oeyc.ca

MONDAY MORNINGS

Haliburton EarlyON

Oct 7, 21, 28, Nov 4, 11

11:00 am to 11:45 am

