

# Mom & Baby Yoga

FREE

★ Gentle yoga class for moms with pre-crawling babies. No previous experience required.



A nurturing and supportive environment for moms to focus on yoga and self-care while also welcoming nursing, changing, soothing, cooing and snuggling your baby.

**Monday Mornings**  
**Haliburton EarlyON**  
**February 3, 10, 24, March 3**  
(no program on Feb 17)  
**10:30 am to 11:15 am**

★ Limited Space

Registration  
Required

[registration@oeyc.ca](mailto:registration@oeyc.ca)

- ★ Please ensure you are at least 8 - 12 weeks postpartum and your physician has cleared you for gentle exercise. Waiver required before starting first class.
- ★ Napping babies are welcome as this class will not involve physical manipulation of babies.
- ★ Find out how yoga can support you and your role as a mom!

