

Mommy & Me

(For movers, crawlers up to 18 months)



with Kim Bridi, RYT



Bring your baby to yoga! During this 6 week series, beat the winter doldrums with a light-hearted, energizing yoga class designed to engage you and your little one. We'll work on core strength, heart and shoulder openers and poses to help busy moms unwind. Many of the movements will include partnering with your baby. It's a great way to facilitate bonding with active, crawling and cruising babies.

As always, your baby is your primary concern, even during your yoga practice. Please feel free to nurse and feed on cue.

\$75 for the 6-Week Series

E-mail Kim with questions,
Kimbridi@gmail.com.

Mommy & Me 6-Week Series

Mondays Feb 27 – April 2 | 9:30 – 10:30 am

\$75 for 6-Week Series – Must pre-register by Feb 24.

Gotta Yoga™ Lake Norman Studio
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