



Mommy Daddy & Me YOGA

2022
September 12, 19 & 26
October 3

10:00-11:00 a.m.

Family Outreach Center

Babies and toddlers join in on this parent-child bonding time with mom and dad. Parents and children will learn breathing exercises to increase body awareness, enhance relationships and various poses for play and connection.

For more information, please call

706-791-3579

