

CTI Nursery School's Mommy and Baby Yoga Spring 2012



Katie Feldman, our certified yoga instructor, will lead you in exercises and learning postures specifically suited to new mothers in a safe, nurturing environment. Sessions will include yoga poses, breath work, as well as gentle stretches for baby to encourage and promote muscle strengthening. Come have some fun, relax, and keep in shape while you and your baby share this special time.

March 7— May 30 Wednesdays 9:30—10:15 A.M.
12 Sessions for \$240.00 (No Class on 4/11)

Please fill out below and return with payment to CTI Nursery School

CTI Nursery School Spring 2012 Mommy & Baby Yoga Registration

Names _____ (mother & baby)

Address _____

Phone Number _____