NEW MOMMY & KIDS YOGA

When?

Tuesdays ~ 11/15, 11/22, 11/29, 12/6, 12/13, 12/20
10:30 - 11:15 a.m.
$60.00/6 weeks (payable to Loving Hands Yoga and Reiki)
$12.00/drop-in

Introducing a new class to help post-natal mommies with fitness and relaxation, without needing to find a babysitter!
"Mommy And Kids Yoga" is for mommies, babies and toddlers.

Babies are included in all the poses, and toddlers are encouraged to try the poses themselves and help with baby.
It's a great way to get healthy and bond with the kids.

Where?

Family Connections in Coventry
2834 Washington Blvd.

FAMILY CONNECTIONS
Strong Families Build Strong Communities

LOVING HANDS YOGA AND REIKI
2959 Hampshire Road, Cleveland Heights

216-408-5578 / ***LovingHandsYoga.com***

LOVING HANDS YOGA AND REIKI…Helping To Manifest
Our Greatest Potential, Our Highest Self, Our Deepest Peace

To register/pay contact Loving Hands and Reiki

LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578	LovingHandsYoga.com 216-408-5578