

# Baby & Me!



**No Yoga  
Experience  
Required**

Next 4 Week Series Begins January 22, 2012

Hosted at ***Grounded By Yoga and Wellness***

Join us in this 4 part series designed for babies 4 weeks old to pre-walking and their  
**Mom, Dad, or Caregiver!**

- 1<sup>st</sup> Session Theme: Continuing the Bond Outside the Womb**
- 2<sup>nd</sup> Session Theme: Postnatal Yoga for Mom, Dad or Caregiver**
- 3<sup>rd</sup> Session Theme: Yoga, Massage and Songs for Baby!**
- 4<sup>th</sup> Session Theme: Putting It All Together (tools to take home)**

\$68 for all 4 Sessions  
Pre-Enrollment Required  
Limited to 10 Babies



Hosted By Sandy Hicks, Yoga Alliance Certified in Prenatal, Postnatal, Infants Yoga.

[www.GroundedByWellness.com](http://www.GroundedByWellness.com)

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