

# PARENT & BABY YOGA CLASSES

Parent and Baby Yoga is a great way to bond with your baby. Our Parent and Baby classes are fun and relaxing. Come along and enjoy meeting other parents and introduce your baby to a whole new world through movement.

- (Free) 5 Week Programme
- Suitable for all pre-crawling babies
- Classes are currently taking place online via zoom

For more information and to register contact:

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**The Genesis Programme**

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