

# babes & me



# ogga

## **Breathe. Bond. Build.**

Create space to move your body and connect with yourself and other parents from home with this online class. Babies are welcome and may be included in some poses, but our practice will be focused on self-care for the caregiver. Classes include one hour of yoga with safe movement for all to release tension and increase strength. Discussion follows centered on building community with other parents and exploring different self-care and child-development topics that may include sleep, postpartum mental health and resiliency, nutrition, creative expression, and pelvic floor health.

**Winter session begins Friday, February 5th.  
Visit our website for more information.**

**Pre-registration required**  
[SLOadultschool.org](http://SLOadultschool.org) • (805) 549-1222