

babes & me yoga



Breathe. Bond. Build.

Create space to move your body and connect with yourself and other parents from your home with our online Zoom class. Babies are welcome and may be included in some poses, but our practice will be centered on self-care for the caregiver. Classes include one hour of yoga with safe movement for all, focusing on releasing tension and stress and increasing strength, followed by discussion centered on building community with other parents and exploring different self-care topics including nutrition, pelvic floor health, and creative movement.

**Ten-week fall session begins Friday, September 18th.
Visit our website for more information.**

Pre-registration required
SLOadultschool.org • (805) 549-1222