



Mommy & Me Yoga

WITH JULIA LAITY, RYT

BOND WITH BABY | BUILD CORE STRENGTH | HELP
BABY SLEEP, DIGEST, AND EASE DISCOMFORT



JUNE 10TH 11AM-12PM

COST: \$20/ADVANCE, \$25/DOOR

AGES: 8 WEEKS-12 MONTHS



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email Julia Laity at JuliaLaity@gmail.com with
questions and keep updated about new classes at
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