



# 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



1900 S. Livernois Rd, Rochester Hills, MI  
(248) 601-9642

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email Julia Laity at [JuliaLaity@gmail.com](mailto:JuliaLaity@gmail.com) with  
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