



Mommy & Me Yoga

WITH JULIA LAITY, RYT

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



APRIL 1ST 11AM-12PM

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

AGES: 8 WEEKS-12 MONTHS



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

www.redlotusyoga.com

email Julia Laity at JuliaLaity@gmail.com with
questions

