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Great Yarmouth and Gorleston Sure Start Children's Centres

Baby Yoga

For babies aged 12 weeks to pre-mobile. Runs half termly. It is beneficial to attend every session and comfortable clothing is recommended.

Priory Children's Centre

Tues

TBC



Baby yoga is done *with* baby, not *to* baby, supporting to recognise baby's cues. Moves are introduced for baby and mum, along with fun songs to aid the release of tension and stress in the body and to calm the mind.

- * Promotes relaxation and enhances the bond between baby and parent in a relaxed, calm environment
- * Helps to settle babies and may enhance sleep patterns
- * Supports baby's digestion and relief for colic
- * Strengthens the physical body and stimulates the senses
- * Balance and harmony of the body systems

Call for details: 01493 743062

Find us at:
www.priorycentre.co.uk



Great Yarmouth Community Trust
at the Priory Centre
@priorycentregy

