



YOGA FOR PARENTS AND BABIES (0 – 8 months)

What you will learn

Our experienced and friendly tutor will guide and support you to develop your Yoga skills and build bonds with your baby. The sessions incorporate songs, rhymes and engagement strategies. There will be a routine of assisted movements with baby, breath work, asana, Yoga Nidra and chants for parents/carers.

What you will need

Please wear loose, comfortable clothes. Mats will be provided, but please feel free to bring your own mat if you have one.

Course enrolment

- Monday 22 May, 13:00 – 14:15

Course dates and times

- Monday, 13.00-14.15
- 5 June – 3 July 2023 (5 weeks)

Venue

- Maytree Children's Centre, 4 Allingham Road, SW4 8EG

For more information and to book a place

- Please contact Ruby on 020 8671 3298 or rpope@maytree-school.org.uk

IMPORTANT – to comply with funding requirements, you will need the following when you enrol for the course: your National Insurance number; ID (passport or driving licence or bank/credit card), UK residency status if applicable, (EUSS letter or residency card or Home Office letter); evidence of benefits that you receive, or if you work your most recent payslips.

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