



PARENT AND BABY YOGA CLASSES

VENUE:- COUNTRY KIDS DAY NURSARY, SEAVIEW FARM,
223, KILLAUGHEY ROAD DONAGHADEE BT 21 0LJ

DATE AND TIME:- COMMENCING MONDAY 9th JANUARY 2012 10:00 AM



BENEFITS:-

- Stimulates all body systems.
 - Improves flexibility
- Creates a wonderful parent/baby interaction tool.
 - Helps baby understand relaxation.
 - Improves sleep patterns and digestion.
 - **Is fun.**

For further details and to book a place, please contact:-

Liz Doherty on 07776184419/ldoherty@btinternet.com

(Liz is a Birthlight tutor, ex nurse and midwife, with 10 years+ experience as a parent/ baby yoga instructor)