

Baby and Me Yoga

Ask about the
stipend for



your first series of classes

Wednesdays at 10:00 a.m.

September 18– December 19

12 classes \$300

Drop in fee \$30



Baby and Me Yoga benefits strength, body, and feeling grounded. It releases stress, grants peace of mind, helps you sleep better, and creates an opportunity to bond with your baby or toddler, and meet other awesome Parents!

Instructed by Ashley Hawkins a certified Yoga Therapist through Yoga Alliance, with a heart for healing and service to all living beings

For more information or to enroll

Call (310) 829-2517 or

email office @bethshirshalom.org

**BETH
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Home of the Song of Peace

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