

Mother and Baby Yoga

Peace and Harmony

Mothers ~ experience a beautiful time for bonding with your baby through:

- Yoga Poses that support
 - the healing process after childbirth, and
 - baby's continued stages of development
- Stretches and Gentle Touch to relax your baby
- Sharing music and sound that creates a soothing environment for both mother and baby



Deborah Gano, teacher with The School of Royal Yoga, Chester, NJ, brings her academic studies in child development and education, and over 30 years of experience working with children of all ages, with a focus on the uniqueness of each stage of their lives.



DATES:

Tuesdays
Sept. 24,
Oct 1, 8, 15

TIME:

10:30 – 11:30 am

LOCATION:

**Highlands Ridge Park
Community Barn**

**100 North Rd.
Chester, NJ**

ADMINISTRATIVE FEE:

\$39

made payable to:
The School of Royal Yoga
on the first day of class.

TO REGISTER:

register.communitypass.net/chesterwp
or contact Ed Bell at 908-879-5100
x825 or
recreation@chestertownship.org