

NEW Parent/Child Classes!

Green River Yoga, 158 Main St., Greenfield

**** 9-class series offered Sept 8 - Nov 17 ****
Registration required. No class Oct 6, 20.

BabyMoves!™

Parents & infants 6 weeks to walking

Thursdays 3:00 - 4:00 pm

Support your baby's developmental needs with playtime designed to activate natural reflexes, balance organ and nervous system tone, and foster social/relational skills. Post-natal strengthening exercises are integrated into class to restore Mama's pelvic floor/abdominal tone.



YogaPlayKidz™

Parents & children ages 2 - 5

Thursdays 4:15 - 5:15 pm

Support your developing child's brain-body balance, coordination, gross and fine motor skills, reflexes, energy regulation, and boundary setting through this sensory-motor, creativity-based, relational approach to developmental movement through yoga play.

Advance registration required. Runs Sept 8 - Nov 17.
Cost is \$135 for the series (only \$120 if paid by Sept 1st).
No refunds: two missed classes can be made up with a 45 minute private session.

For more info/to register: Alisa Wright Tanny
Infant Development Movement Educator
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