

Stretch & Play Movement Session

with Lisa
Stevenson,
Kismet
Yoga
Studios

Part of
Connect & Grow:
Parent and Young
Child Pop-Up



Join us!

April 11
9:30-10:30 AM
Stokesley Community
Library

LIMITED SPACES

To register: use the QR code
or contact us at 01609 780458 or
reception@
hambletoncommunityaction.org



Suitable for babies from 8 weeks to pre-crawling

- Encourages baby's movement & coordination
- Promotes relaxation & better sleep
- Strengthens bonding & connection
- Gentle movement & stretches for parents

A gentle and nurturing session for both
you and your baby!

Baby yoga supports your little one's
development while also giving you a
chance to stretch, move, and relax.
A beautiful way to care for both body
and mind in a calm, supportive space.