

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.