



# Baby & Me Yoga

Wednesday, November 29, 2017  
5:00 p.m. - 6:00 p.m.

Namaste! Join Betsy Ramos, one of our parents for a Baby & Me Yoga class designed specifically for new moms and their pre-crawling infants. This class offers an amazing opportunity for playful interaction as our teacher leads participants through a variety of poses that are easy to do with your baby "in tow."

Baby & Me Yoga class will offer poses that enhance bonding, offer babies the opportunity to explore movement and to build trust through physical contact.



**Please RSVP via email!**

**Bright Horizons at Yale West Campus**

230 West Campus Dr. Orange, CT

203-795-3564 ext. 0

[yalewestcampus@brighthorizons.com](mailto:yalewestcampus@brighthorizons.com)

[www.brighthorizons.com/yalewestcampus](http://www.brighthorizons.com/yalewestcampus)