

# Introducing Parent Baby Yoga Class

For babies ages 4 mos- 2 years

With certified yoga instructor, Miss Laura Galler

Through stories, music, games and play we will explore movement, breath, and mindfulness. Our practice will be made up of developmentally appropriate activities that will include, gross and fine motor, language, coordination, balance and social-emotional skills meeting your child where they are. Laura Galler has a Master's degree in Early Childhood, is a certified 200 hour trained yoga teacher, and is certified in yoga for children. She has been sharing playful yoga with the students at Beth Shalom for 3 years and teaching all ages since 2015.



**Tuesday Mornings from 9:05-9:50 am**

**Class Dates:** September 10, 17, 24

October 8

November 5, 12, 19, 26

December 3, 10

**Cost: \$100.00 Members/ \$115.00 Non Members**

To enroll your baby in Parent Baby Yoga- Fall 2019 please fill out the following:

Child's Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent's Names \_\_\_\_\_

Person Attending Class w/ Baby \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

Cell Number \_\_\_\_\_

\_\_\_\_\_ \$100 (Member) \_\_\_\_\_ \$115 (Non-Member)

Visa/MC/Discover \_\_\_\_\_ Exp \_\_\_\_\_ CVC \_\_\_\_\_

Check # \_\_\_\_\_

Please fill out the bottom portion and return to Beth Shalom Preschool Office 14200 Lamar Ave OP, KS 66213 or email to [rfec@bethshalomkic.org](mailto:rfec@bethshalomkic.org) by August 30, 2019. Make check payable to Beth Shalom.