

Yeladim Yoga

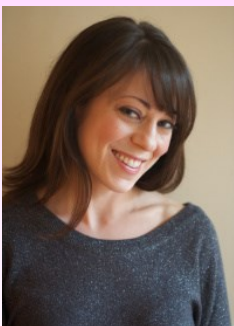
A 4-week Yoga class for babies,
toddlers & caretakers



Fridays, 10:00-10:45 AM
March 3, 10, 17, & 24, 2017

For kids ages 1-3 years old
Cost: \$60 / family
DROP-IN RATE: \$20 / CLASS
Teacher: Abby Murphy

- Learn & practice basic poses
- Improve strength & balance
- Build focus & calming Mechanisms
- Have fun!



Abby Murphy is a mother, yoga teacher, and occupational therapist. In addition to teaching yoga to adults, she is trained in prenatal, toddler, and child yoga. Abby is excited to bring a toddler and parent/caregiver class to Temple Emunah. She believes that every yogi, of any age, should be met right where they are and encouraged to blossom.

Toddlerhood and parenthood are challenging processes full of transitions and many ups and downs, and yoga mirrors this wavelike quality of life. We are thrilled that she is offering this opportunity to practice the transitions of everyday life for our children and ourselves!



For more information, contact Family Educator Jodie Parmer
jparmer@templeemunah.org / 781-861-0300
www.templeemunah.org

Yeladim Yoga at Temple Emunah
Registration Form

Child Full Name: _____

Child Date of Birth: _____

Parent 1 Name: _____

Parent 1 Email: _____

Parent 2 Name: _____

Parent 2 Email: _____

Parent Phone Number: _____

Name of Adult Attending Class: _____

Email of Adult Attending Class: _____

Comments (please note any issues such as allergies or special needs that you would like us to be aware of):

Cost: \$60 / Family for all 4 classes. Checks should be written out to: Temple Emunah, with a note in the memo line that says “Yeladim Yoga.”
Drop-In Rate: Come by any time for \$20 / Class!

Please mail this form and a check to:
Temple Emunah, 9 Piper Road, Lexington, MA 02421
Attention: Jodie Parmer

Questions or concerns? Contact Jodie Parmer:
jparmer@templeemunah.org or 781-861-0300.