



sprout
kids yoga & mindfulness

Key Biscayne Community Center New Infant and Baby Yoga Class



Please join us for a **FREE** introductory class on **Tuesday, January 29, 2019**

Taught by Key Biscayne resident, Carolina Moreno

Key Biscayne residents only

9:30-10:00 AM Infant Yoga (6 weeks-12 months)

10:15-10:45 AM Baby Yoga (13-23 months)

Located in the KBCC Adult Lounge 2nd Floor

Weekly Classes on Tuesdays for Key Biscayne residents only

9:30-10:00 AM Infant Yoga (6 weeks-12 months)

10:15-10:45 AM Baby Yoga (13-23 months)

Session 1: February 5-26

Session 2: March 5-26

Session 3: April 2- 30 (pro-rated 5 weeks)

Session 4: May 7-28

Preregistration is recommended!

Member fee: \$80/per 4 week session

Member drop-in fee: \$24/class

Nonmember fee: \$96/ per 4 week session

Nonmember drop-in fee: \$28/class

Mats will be provided.

Winter 2019

www.activeislander.org

305.365.8900

For more information visit our website -
www.sproutkids.yoga

 @sprout.kids.yoga  @sproutkidsyogamiami

INFANT YOGA

This 30 minute class is for 6 weeks-12 month non-walkers.

Parents will learn developmental exercises and playful yoga poses to aid in brain development, digestion, promote better sleeping patterns, and help your infant build strength for tummy time, sitting, scooting, crawling and walking.

BABY YOGA

This 30 minute class is for 13-23 month old walkers. Parents will learn developmental exercises and playful yoga poses to aid in brain development, fine and gross motor skills, communication and social skills, digestion and promote better sleeping patterns. These exercises will also build muscle strength for walking, jumping and other age appropriate skills.

