



## FREE TODDLER YOGA CLASS

SUNDAY, JANUARY 31<sup>ST</sup>

9:15-10AM

**Flagstaff Family Resource Center**

**4000 North Cummings Street**

Enjoy a free yoga class with your child – as part of ChildLight Yoga’s Baby & Toddler Teacher Training. This is a supportive, fun-loving, and active yoga class for

**CRAWLING BABIES TO 2 YEAR OLD TODDLERS**

and their parent/caregiver.

This class is all about your new mover. Crawlers and walkers learn poses, songs, and games while they explore new movement and social skills.

Parents **fully** participate in class but no yoga experience or yoga mat is required. Simply wear comfortable clothes and be prepared to move.



*baby & toddler* **YOGA**  
**TEACHER TRAINING**

**RSVP is REQUIRED!** For questions or to reserve a space, contact  
Ruth Ellen Elinski, [ruthellen@coconinokids.org](mailto:ruthellen@coconinokids.org) OR call 928-679-7318