

You & Me Toddler Yoga Program



- Who:** Ages 2-5 accompanied by a Parent/Caregiver
Class is limited to 15 pairs (1 child / 1 adult)
- When:** Wednesdays & Friday 8:30 –9:15 AM—Mats provided.
- Dates:** December 1, 3, 8, 10, 15 & 17
- Cost:** \$20 per pair (minimum of 6 pairs to hold class)
- Where:** DeWitt Fitness Center
- Instructor:** Paula Purcell, Registered adult and children’s yoga teacher
- What is it:** Toddler Yoga offers a unique opportunity for toddlers and caregivers to bond while exploring the many benefits of yoga through play, music, stories and crafts!

Each 45 minute class will include playful movement, yoga poses, mindfulness and relaxation while supporting toddler development: enhancing coordination, fine motor skills and self-regulation.



Register online. Find a link at parks.cityofdewittiowa.org