

PHILLY'S GOT DANCE PRESENTS

Mommy & Me

A special dance + movement & yoga bonding experience for parents and babies (3–18 months)

WHAT TO EXPECT

- Gentle movement & stretch sequences designed for parent + baby
- Rhythm & musical play
- ✦ • Calming parent-baby yoga / breath work
- Bonding exercises, mirror play, gentle massage, eye contact games
- Circle time with lullabies, interactive songs
- Photo/keepsake moment



WHO CAN JOIN

Parents (or caregivers) + babies aged 3 to 18 months

LOCATION: 4305 Locust St.

DATE & TIME: TBD

DROP-IN CLASS: \$15 Drop-In class

www.phillysgotdance.com