

INFANT YOGA & MASSAGE PARENTS AS TEACHERS



BABY MASSAGE

Ages: Birth - 8 months (active crawlers)

Class size: 7 families in person, unlimited
virtual

Date: September 14, 2021

Time: 6:30 - 7:30 pm

Where: Early Childhood Education Center

● 6701 W. 83rd Street ● OP KS 66204
Play Center, Room 128

**Bring yoga mat and towel (thicker). If
you don't have mat, we will supply.**

DESCRIPTION: We will move through yoga poses in a playful way and work on breathing exercises to help with relaxation and promote self soothing.

PARENTS: Come willing to participate and model the skills we are teaching. You will be able to take what you learn in class and implement it in your home. When we are playful with our children it reinforces the connection we have with them in a positive way.

ASHLEY WALBURN: MFT, E-RYT 500, YACEP, RPYT: Prenatal plus post-partum yoga teacher and founded hOMe family holistic center @ www.homeholistic.com

Benefits of YOGA & MASSAGE: Promotes better sleep ● Improves digestion ● Increases flexibility ● Promotes self-regulation

Please register at smpat@smsd.org Virtual class will also be offered at the same time. Please note if you want in-person or virtual.



Inclement Weather The Shawnee Mission Parents as Teachers program follows the Shawnee Mission School District guidelines for inclement weather. If school is cancelled due to poor weather conditions, all PAT personal visits and PTA events will be cancelled. Your Parent Educator will contact you regarding home visits to be re-scheduled. Please watch your local news for school closings. Health and safety guidelines are subject to change.