



Tykes/PreK Yoga Class

Mondays from 9 - 10 am ~ Aug 24, 31, Sept 7, 14, 21, 28

Tyke Yoga was developed for parents and their children, ages 2 to 5 years old. Participation in the comfort of your home with your child is desired using Daniela's virtual Zoom classroom until further notice.

Each class will be based on a story or theme uniquely designed from the children's ideas from the previous week!

Join Daniela Schwartzman, Certified Yoga Instructor via Zoom!

- This class helps your child to develop body awareness, coordination and flexibility in a fun way, in your own home, while having fun with the important adults in their lives.
- Parents and children feel happier, more emotionally balanced, and confident in their moving bodies.
- Yoga can enhance bonding between parents and children.
- Engage with your child in a fun and meaningful way, practicing yoga together!

Register to receive a Zoom link invitation by emailing cbiondi@capecodchildrensplace.com or call the Cape Cod Children's Place at (508) 240-3310 for additional support.

For more information visit [our Facebook Page](#) or www.capecodchildrensplace.com



This programming is funded by a SAFE Communities grant through the Children's Trust and a Coordinated Family and Community Engagement (CFCE) grant from the MA Dept. of Early



Child

Education and Care, administered by the Cape Cod Children's Place.