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# Great Yarmouth and Gorleston Sure Start Children's Centres

## Baby Yoga

For babies from 12 weeks - non-mobile. After a 1-hour yoga session there will be 30 mins to relax and chat. **Booking is essential.** Sessions are free this term; however please note that there will be a charge once staff have become qualified.

Priory Children's Centre	Wed	12.30-2.00
Seagulls Children's Centre	Wed	9.30-11.00
Hopton Village Hall	Fri	9.30-11.00



Are you interested in trying Baby Yoga? Our team have recently attended training and are

looking for families to help them complete their coursework.

Baby yoga is a gentle group that helps you to recognise your baby's cues and respond to their needs. Moves are introduced for baby and mum, along with fun songs to aid the release of tension and stress in the body and to calm the mind.

### Benefits of Baby Yoga:

- \* Promotes relaxation and enhances the bond between baby and parent in a relaxed, calm environment
- \* May help to settle babies and enhance sleep patterns
- \* Supports baby's digestion and may relieve colic
- \* Strengthens the physical body and stimulates the senses

**Call for details: 01493 688940**

Find us at:  
[www.priorycentre.co.uk](http://www.priorycentre.co.uk)



Great Yarmouth Community Trust  
at the Priory Centre  
@priorycentregy



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