



**stretch-n-Grow**  
*presents*

# BABY & ME YOGA

Stretch-n-Grow is a kid's fitness and wellness organization that offers programs to encourage healthy habits from the start. Yoga Stars is a program where we teach the basics of yoga. Our classes combine yoga poses with engaging songs and stories that exercise social, sensory and motor skills while increasing flexibility, balance, and strength. Plus you can soak up some quality time with your little one! Props, mats, and music are included.

**4-WEEK SESSION: \$50**

*September 7, 14, 21, 28*

Thursdays: 10-10:45AM  
555 Burbank St. Broomfield, CO



*Learn more or register online:*

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