



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

LIBRARY OFFERS MOMMY AND ME YOGA

The Southeast Steuben County Library is pleased to offer a series titled Mommy and Me Yoga, which will be taught by Retha Cazel, the owner of Yoga and More in Corning.

According to Cazel, doing yoga with your baby can enhance the immune system and motor skills development in the baby and can diminish symptoms in a colicky baby.

New parents, mom or dad may participate, will do baby yoga movements and baby massage. Also included are challenging yet do-able poses, for mom or dad, to increase flexibility and strength.

This class is designed for babies in the pre-walking stage. Please bring a baby blanket. The library will provide any other yoga props that are needed.

Classes will be held from 10:30-11:30 a.m. on Sept. 8, Oct. 6, Nov. 3 and Dec. 1. Sign up is not required. For additional details, call (607) 936-3713 ext. 503.