

# BABY YOGA



## Baby Yoga

Did you know...Yoga increases your own and baby's quality of sleep, helps bonding and attachment, soothes colic and promotes positive mental wellbeing and lots more!

Come and find out more... join us for a FREE course of fun, interactive, gentle stretches for parent and baby to complete together, includes singing and sensory play.  
(Suitable for babies from 8 weeks old until mobile)

### Barton Family Hub

Thursday 9<sup>th</sup> October- Thursday 13<sup>th</sup> November 2025, 1.30pm-2.30pm  
Wednesday 12<sup>th</sup> November – Wednesday 10<sup>th</sup> December 2025, 10-11am

### Brigg Family Hub

Wednesday 8<sup>th</sup> October- Wednesday 5<sup>th</sup> November 2025, 1.30pm-2.30pm  
Wednesday 12<sup>th</sup> November- Wednesday 10<sup>th</sup> December 2025, 1.30-2.30pm

To book your place please email [family.hubs@northlincs.gov.uk](mailto:family.hubs@northlincs.gov.uk) or telephone 01724 296500 option 1.



**North  
Lincolnshire  
Council**