



Tots Itsy Bitsy Yoga®

**4-Week Mini-Session
For Children 11-24 months**

with Katie Huber

Tuesdays, 9:30am - 10:15am

Session 1: January 10 - January 31, \$48

Session 2: February 14 - March 6, \$48

Itsy Bitsy Yoga for Tots Is a supportive, fun-loving, and active yoga class.

As tots' mobility increases, classes offer tot-centric poses that encourage and support their physical explorations.

Tots become more confident in their moving bodies as they practice yoga both in and out of class.

FREE CLASS

January 3, 2012

9:30am - 10:15am

No Obligation

During a Tots Itsy Bitsy Yoga class crawlers and walkers playfully practice yoga postures while they are standing, sitting up, walking, and jumping.

Parents also get to do a little yoga, but no yoga experience is required.



Tots Itsy Bitsy Yoga was created by Helen Garabedian, an Infant Developmental Movement Educator, yoga teacher, and mother. Classes are taught by Katie Huber, a trained & certified Itsy Bitsy Yoga Facilitator.

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for: Tots Itsy Bitsy Yoga® with Katie Huber Tuesdays, 9:30am - 10:15am

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Payment Type: Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____