



BABY YOGA

Bring your baby along, and learn stretching and movements that you can do with your baby to help them grow and develop to their full potential.

This course not only creates happy & secure babies but also re-energised skillful parents. This is a weekly course where parents attend with their baby each session for 5 weeks.

Suitable for babies aged 6-18 months.

Facilitated by Dympna Kennedy. Priority of access is given to DCC members and local parents in the City of Canada Bay area and surrounding suburbs.

DATE

Friday mornings
6 May - 3 June 2022

TIME

11.30am - 12.30pm

VENUE

Drummoyne
Community Centre
10 Cometrowe Street,
Drummoyne

COST

\$30.00 for the
5 week program.

(Course fees are negotiable for families experiencing financial hardship at this time)

Baby Yoga is a fun and interactive course and consists of:

- movement, touch and songs for baby
- yoga postures, breathe work and relaxation for parents
- sequences where both parent and baby can work together for mutual benefit

It is a carefully constructed system designed to meet the needs of both baby and parents and has the beautiful intention of creating happy, healthy and bonded babies and parents.

BENEFITS FOR BABY:

This evidence- based program helps with settling and sleep, strengthening of the physical body, improved digestion, decreased reflux, and stimulation of the senses. It also assists with the development of the baby brain and nervous system.

BENEFITS FOR MUMS & DADS:

Help mums to regain and retain health posture after birth, releases muscle stiffness and tension, strengthens the pelvic floor and abdominal muscles. Get to know you new baby and bond while nurturing yourself.

DELIVERED BY DYPMPNA KENNEDY

Dympna is a qualified parent educator, early childhood educator, baby massage and baby yoga trainer and practitioner. She is a local parent of two, a public speaker and author of several books.

HOW TO PREPARE

Please wear comfy, stretchy clothing and we recommend bare feet. Prepare a blanket or shawl for baby to lie on.

HOW TO REGISTER

To book your place, please complete our Parenting Registration Form and return it to info@dcc.org.au.

The form can be found in the following places: Website: www.dcc.org.au

Email: info@dcc.org.au

By Phoning: 97198102

QR code link:



**PLACES ARE NOT SECURED AND
CONFIRMED UNTIL PAYMENT HAS BEEN
MADE. ALL PAYMENT DETAILS ARE ON
THE REGISTRATION FORM.**

*Coordinated by Drummoyne Community Centre
with sponsorship from the NSW Department of
Communities & Justice*

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