

Gentle Yoga



For Moms & Babies

(For pre-crawling babies)

Connect with your baby while you receive the benefits of yoga. This class will allow you to stretch and exercise your tired body, breathe in new energy and take time for yourself to relax in the company of other new mothers.

Recommended for all fitness levels.

Times: Tuesdays 10:00 am – 11:00 am

Cost: \$55 for 6 weeks (we accept cash or cheques, made payable to St. Joseph's Health Centre)

Location: St. Joseph's Health Centre

Telephone: 416-530-6367

Carolyn Burke, M.S.W., R.S.W., R.Y.T., founder of CBA Yoga Toronto, is a registered Interdisciplinary Yoga Instructor, mindfulness trainer, retreat/workshop facilitator and family counsellor. Her joyful, sensitive and passionate teaching style brings new energy to people of all ages. www.cbayoga.com

To pre-register please detach and mail registration form along with payment to:

St. Joseph's Health Centre
Childbirth and Parenting Services
30 The Queensway
Toronto, Ontario
M6R 1B5

GENTLE YOGA FOR MOMS AND BABES

Your Full Name: _____

Baby's Name: _____ **Baby's Date of Birth:** _____

Street: _____ **Apt #:** _____

City: _____ **Postal Code:** _____

Telephone #: _____ **Cell#:** _____

For office use only Class List Confirmation Sent

**Please note: Full refund of registration fees will be granted only if notice of cancellation is received 2 weeks prior to the start of classes. *Post-dated cheques will be accepted only if previously authorized.*