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CITY OF PALMDALE

NEWS RELEASE

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City of Palmdale to Offer Toddler and Me Yoga

PALMDALE – The City of Palmdale is offering “Toddler and Me Yoga” classes, which begin in March at the Marie Kerr Park Recreation Center, 2723 Rancho Vista Blvd. in Palmdale.

The classes will be held on Wednesday from March 4 through 25 from 10 to 10:40 am. The class fee is \$35. The instructor will be Sarah Ibis.

“Toddler and Me Yoga’ is a fun way for mom, dad, or other caregiver to reconnect with the body while enjoying quality time with their toddler,” said Program Coordinator Becky Errea. “It’s also a great way to meet other parents and kids!”

In the sessions, grown-ups engage in simple yoga stretches while toddlers play, participate, watch, learn and grow.

Participants should bring a yoga matt wear comfortable clothes that are easy to move in. Toys will be provided; however participants are welcome to bring their toddler’s favorite toys.

Registration is available online at www.cityofpalmdale.org/playpalmdale, at the parks and recreation office located at 38260 10th St. East in Palmdale, or by calling 661/267-5611.

For more information, visit www.cityofpalmdale.org or call 661/267-5611.

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