



**Southeast Steuben County Library**  
**300 Nasser Civic Center Plaza; Suite 101**  
**Corning, NY 14830**  
**ssclibrary.org**

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FOR IMMEDIATE RELEASE

#### MOMMY AND ME YOGA AT LIBRARY BEGINS NEW SERIES

The Southeast Steuben County Library will again offer a series titled Mommy and Me Yoga, which will be taught by Retha Cazel, the owner of Yoga and More in Corning.

According to Cazel, doing yoga with your baby can enhance the immune system and motor skills development in the baby and can diminish symptoms in a colicky baby.

New parents, mom or dad may participate, will do baby yoga movements and baby massage. Also included are challenging yet do-able poses, for mom or dad, to increase flexibility and strength.

This class is designed for babies in the pre-walking stage. Please bring a baby blanket. The library will provide any other yoga props that are needed.

Classes will be held from 10-11 a.m. on Feb. 24, March 30, April 27 and May 25. Sign up is not required. For additional details, call (607) 936-3713 ext. 503.