

# *Infant Massage & Self-Care for Moms*



**SATURDAY, SEPTEMBER 9**  
**1:00 - 3:00 PM**

Bond with your baby while learning ways to soothe them and enhance their development through massage and movement. We'll also spend time on calming activities just for mom including restorative yoga and self-massage..

**\$45 + tax preregistered, \$50 + tax at the door**

High Desert Yoga 4600 Copper Ave NE Albuquerque, NM 87108  
[www.highdesertyoga.com](http://www.highdesertyoga.com) 505-232-9642