

Infant Massage & Self-Care for Moms



FRIDAY, NOVEMBER 3
9:30 - 11:30 AM

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 (48.38) preregistered, \$50 + tax (53.75) at the door

High Desert Yoga 4600 Copper Ave NE Albuquerque, NM 87108
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