

NEW WORKSHOP FOR PARENTS & BABEIS



EARLY STAGE DEVELOPMENT

Based on JKA&Feldenkrais

The first years of life lay the foundation for physical, neurological, and emotional development.

These gentle movement sessions offer babies a safe space to explore, play, and learn at their own pace — through curiosity and experience.

What do the sessions offer?

- Support for natural motor development
- Deepening the connection between body, movement, and sensation
- A calm, nurturing environment
- Learning through observation and interaction with other babies
- Meaningful group encounters for parents – shared learning and confidence building
- Active parental involvement that strengthens understanding and connection at home
- • Early support and prevention for healthy development from the very beginning
- These are not “exercises,” but a shared developmental space
- where babies inspire one another, and parents gain insight, trust, and confidence 🌱

When: Every second Friday

Next session at

30th January

11:30–13:00

Cost: 30€

📍 **Location:**

Organic Flow Studio

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REGISTER YOUR SPOT TODAY! SIGALAVITAL6@GMAIL.COM