



**MEDIA RELEASE**  
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**Baby Yoga Class in Wilton Manors Helps Strengthen Bond Between  
Parents and Their Children**

**Wilton Manors, Florida (June 23, 2014)** – A happy baby is a yoga baby. Happy Baby Yoga Hour takes place every Tuesday at 10 a.m. at Richardson Historic Park,

The class is geared towards mothers, fathers, newborns and children to four years old. This all-inclusive group class bonds the parent and child together through a joyful mind and body experience.”

“This class is a great way for parents to strengthen their bodies and calm their minds,” said Yoga Instructor Tricia Billings.

In addition to yoga, the class offers dancing, games and other family-friendly activities.

“Happy Baby Yoga Hour is a nice way for parents to network and initiate social interaction in a non-competitive environment,” said Billings.

The cost is \$35 per month or \$10 per class. For more information, call 954-390-2130. Richardson Historic Park and Nature Preserve is located at 1937 Wilton Drive, Wilton Manors.

**ABOUT THE CITY OF WILTON MANORS**

Wilton Manors was laid out in 1925 by Edward John “Ned” Willingham, a land developer from Georgia, as an upscale residential community. It was recognized as a Village in 1947 and incorporated as a City in 1953. Today, the City of Wilton Manors offers all the benefits of a big city from shopping, to hip restaurants and bars, a burgeoning arts community and tons of community events, yet still maintains a cozy, community-feeling offering miles of natural waterways perfect for kayaking, paddle boarding and other outdoor activities. Recently named the “Second Gayest City” in the United States, the City of Wilton Manors celebrates a diverse population of approximately 12,000 residents. To learn more about the live, work and play opportunities in Wilton Manors call (954) 390-2100 or visit [www.wiltonmanors.com](http://www.wiltonmanors.com).