

mindful movement adventures



little
movement
club

Move. Breathe. Play.

Pop-up class | Oct. 13th | for ages 6-23 mo + 2-4 yr

- Playful character-inspired grownup + me sessions
- Simple movement + breathwork games
- Story time + imaginative play
- Supports early motor development + coordination
- Promotes socialization + caregiver-child bonding



Happynest Playhouse – Al Zeina, Abu Dhabi



Tuesday, Oct. 13th



Mini Movers (6 – 23 months) 9:15 am
Tiny Movers (ages 2 – 4) 10:15 am



45-min class

+ 45 min of free play time before or after

100 dhs drop in per class

Child + parent or nanny



littlemovementclub.com

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