

mindful movement adventures



little
movement
club

Move. Breathe. Play.

Pop-up class | Oct. 20th | HappyNest Playhouse!

Playful, age-appropriate + character-inspired movement, breathwork, + imaginative play for little ones + their grownups.

confidence

body awareness

emotional regulation

social skills

motor skills

family bonding



9:15 am:
Mini Movers
(6 – 23 months)



10:15 am:
Tiny Movers
(2 – 4 years)



Tuesday, Oct. 20th



Happynest Playhouse – Al Zeina, Abu Dhabi



45-minute class

+ 45 minutes of free play time before or after



100 dhs drop in per class



Child + parent or nanny



Save your spot!

littlemovementclub.com | 971 58 531 6272