



Free Classes and Events
March 2008

Monday

10:00 AM – 11:00 AM Prenatal Yoga

Tuesday

10:00 AM – 11:00 AM Strong Mamas

11:30 AM – 12:30 AM Prenatal Yoga

6:00 PM – 7:00 PM Prenatal Yoga

Wednesday

10:00 AM - 11:00 AM Itsy Bitsy Yoga

11:30 AM – 12:30 PM Postnatal Yoga

6:00 PM – 7:00 PM Prenatal Yoga

Thursday

10:00 AM – 11:00 AM Prenatal Yoga

6:00 PM – 7:00 PM Prenatal Yoga

Friday

1:00 PM – 2:00 PM Strong Mamas

Special Events:

Saturday March 8th

1:00 PM -2:00 PM Mommy Massage

2:00 PM – 3:00 PM Infant Massage

Saturday March 22nd

1:30 PM – 3:00 PM Beyond Basics: Breastfeeding II

3:30 PM – 5:00 PM Nutrition for Two

Free Valet Parking!

Prenatal Yoga

Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Mothers. Licensed yoga instructors will guide mom through beginner movements and techniques.

Strong Mama's

Join Tiffany, certified prenatal fitness trainer, as she leads you through a complete, safe and gentle prenatal workout using small hand weights, body balls and bands. This strength training routine will improve energy level, attitude and self-image.

Itsy Bitsy Yoga

This class is for every new parent desiring to strengthen the bond of love with baby. Designed for newborns to pre crawlers, a variety of yoga techniques are taught for relaxation, soothing crying & colic, digestive and sleep problems. New parents also enjoy simple yoga-based stretching and relaxation. No experience necessary.

Postnatal Yoga

This class consists of stretching, strengthening, breathing, and relaxation techniques specifically designed for the postnatal woman. Connect with other new mothers in a supportive and healthy environment while restoring muscle tone.

Comfort Measures for Labor & Delivery

Join birth coach/prenatal yoga instructor Bridget Foley for an instructive and interactive 90-minute class covering techniques for birth partners in labor and delivery. This class covers breathing tips, communication skills for offering support and encouragement to laboring moms, massage, and many other tools for use in labor. We'll walk through the signs and symptoms of labor and practice managing "simulated" contractions. Please wear comfortable clothing, bring a journal or notebook and pen. Partners are welcome and encouraged!

Mommy Massage

Relaxing, gentle massage has been proven to be beneficial to expecting Moms, not only to pamper her, but also to promote a healthy pregnancy and birth. Let Dad get involved by learning simple massage moves from certified spa experts to relax and indulge their partner at home or in the labor and delivery room.

Infant Massage

Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has an important impact on development. In this interactive class, certified massage expert Monica Hamer guides parents through a step-by-step massage routine that enhances their natural ability to nurture and bond with baby. Specific strokes are taught to help with congestion, colic, and gas. Be prepared to bring baby, or practice doll and towel to class.

Breastfeeding Basics

Do you wonder...will breastfeeding hurt? Will I make enough milk? How will I know my baby is getting enough? If so, this class, led by Registered Dietitian and Lactation Consultant, Nicole Roth, is the one for you! Increase your confidence with breastfeeding and get your questions answered in this relaxed setting.

Breastfeeding II: Beyond Basics

In this class Nicole Roth, RD, LD, IBCLC, Lactation Consultant and Registered Dietitian, will cover choosing and using a pump, returning to work, preventing and managing breastfeeding challenges, ways to advocate for breastfeeding in your birth preparations, nutrition during breastfeeding, and much more! Prior completion of the "Breastfeeding Basics" class is recommended but not required for attendance in this class.

Itty Bitty Nutrition

Learn all about food for your little one! Topics include: starting solids, making your own baby food, preventing iron deficiency, preventing picky eaters and more!

Nutrition for Two

Come learn from Registered Dietitian, Nicole Roth, RD, LD, IBCLC, about what the latest research has to say about nutrition during pregnancy. You will receive specific information based on whatever trimester you are in or ready to enter, nutritional tips to combat common pregnancy challenges, and a list of foods and herbs to avoid at this time. You will also receive shopping tips, meal planning ideas, and tasty recipes for you to try at home. Come join us and take the guesswork out of eating for two!