

# a pea in the pod<sup>®</sup>

## Schedule of Events February 2012

Registration is available at A Pea in the Pod at the time of class, or you may contact Vennie Jones at [venniej@baylorhealth.edu](mailto:venniej@baylorhealth.edu).

### Tuesdays:

10:15 AM – 11:30 AM Prenatal Yoga with Cheryl

### Wednesdays:

10:15 AM - 11:15 AM Itsy Bitsy Yoga® with Debbie

February 8

7:00 PM – 9:00 PM Infant Child CPR (Call 1800-4-Baylor to register)

### Thursdays:

10:15 AM – 11:30 AM Prenatal Yoga with Cheryl

Please contact Vennie Jones, Aquatic Coordinator at the Baylor Tom Landry Fitness Center with questions regarding the above classes. (214) 820 – 8177 or [venniej@baylorhealth.edu](mailto:venniej@baylorhealth.edu).

**Walk-Ins Welcome for all Fitness Classes**



*A Pea in the Pod has partnered with Baylor University Medical Center at Dallas to offer classes and lectures at its Dallas location.*

## Class Descriptions

### **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. (\$15)

### **Baby Itsy Bitsy Yoga® (3 wks to Crawling)**

Baby Itsy Bitsy Yoga classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding and improve baby's sleep. During a Baby Itsy Bitsy Yoga class, babies enjoy yoga while on their backs, tummies, or held in loving arms. For parents, this class is a special opportunity to meet other moms, get support, and learn about baby's emerging personality. Most of the yoga we do in Itsy Bitsy Yoga is for baby, but you will also learn breathing and relaxation techniques as you practice a bit of yoga yourself. (\$15)

### **Infant/Child CPR**

This course provides caregivers the skills one might need in an emergency situation. Infant and Child CPR and Choking techniques are taught by standard of American Heart Association. (\$35)



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