



**Schedule of Events  
February 2010**

**Registration is available at A Pea in the Pod by using the Parent Education Phone at the Juice Bar, by calling Baylor University Medical Center at 1800-4-Baylor or visiting [www.baylorhealth.com/dallaschildbirth](http://www.baylorhealth.com/dallaschildbirth)**

**Tuesday**

10:15 AM – 11:30 AM

Prenatal Yoga with Cheryl

5:30 PM – 6:30 PM

Shallow Water with Jenny (taught at BTLFC)

**Wednesday**

10:15 AM - 11:15 AM

Itsy Bitsy Yoga® with Debbie

11:15 AM – 12:30 PM

Postnatal Yoga with Debbie

**Thursday**

5:30 PM – 6:30 PM

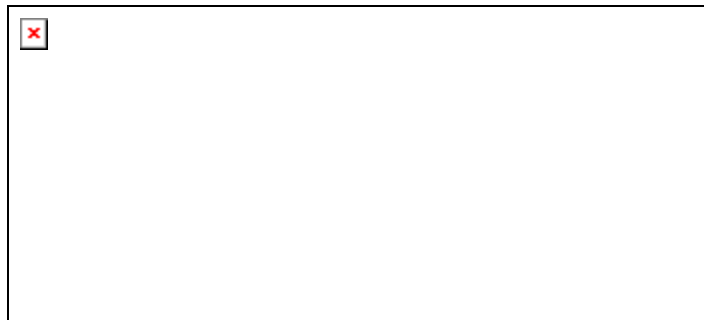
Deep Water with Cheryl (taught at BTLFC)

**Saturday**

10:00 AM – 11:00 AM

Prenatal Yoga with Cheryl (taught at BTLFC)

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

## **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.

## **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.

## **Itsy Bitsy Tots ® (crawling to 24 months)**

Itsy Bitsy Yoga for Tots is a supportive, fun-loving, and active yoga class. As tot's mobility increases, classes offer tot-centric poses that encourage and support their physical explorations. Tots become more confident in their moving bodies as they practice yoga both in and out of class. During a Tots Itsy Bitsy Yoga class, crawlers and walkers playfully practice yoga postures while they are stranding, sitting up, walking and jumping. Parents also get to do a little yoga, but no yoga experience is required. Tots Itsy Bitsy Yoga was created by Helen Garabedian, an Infant Developmental Movement Educator, yoga teacher, and mother. Each class is taught by a trained facilitator.

## **Partner Yoga for Labor and Delivery**

Join Susie Farnick, Certified Pre and Postnatal Instructor, for our Partner Yoga class. This workshop will prepare you and your partner with a practical application of postures, breathing techniques and communication tools that will provide ease and comfort before and during labor and delivery. This is a perfect time to connect with your partner before baby arrives! Class is designed for all levels so dress for comfort and prepare to wind down and relax.

## **Class Fees**

12 Classes for \$140

6 Classes for \$85

Drop-In Rate \$15

