

# namaste baby!

Yoga for mommy and me...infants to crawlers



Mondays, March 5 - April 9, 2012 / 11:45am-12:30pm

\$96 for 6 week session / \$18 for drop in (call first)

Mothers will benefit from increased strength, flexibility, and confidence gained from practicing post-natal yoga with support and guidance. Classes focus on assisting the mother's body during the healing process by stretching and strengthening all the muscles that were involved in the birthing/ healing process. There will be a deepening of the mother-baby bond through breath-work, visualization, deep relaxation and interaction and yoga play with your baby. The primary focus of this class will be on the mother, assisting her with this life-changing and magical journey. Taught by *Dawn Greenly*.

## Pre-natal / Post-natal Yoga

Every Tuesday, 5:45-6:45pm

(part of our regular schedule, so normal fees apply)

We encourage women of every fitness level and trimester to practice yoga postures that are safe and enjoyable for mother and baby...and for those who have recently given birth, we offer an opportunity to gently regain strength and good health. Expectant mothers and new mothers alike will benefit from increased strength, flexibility, and confidence gained from practicing pre-natal/post-natal yoga in a warm, safe, and supportive environment. We will focus on preparing the body for childbirth by stretching and strengthening the lower back, abdominal and pelvic floor muscles, and opening the hips and sacrum. For new moms, yoga can help bring back elasticity and strength lost during the birth process. The classes will also focus on deepening your bond with your baby through breath, visualization, and deep relaxation. Taught by *Jessica Pollner*. **(A note from your OB-GYN is required to take this class)**



## SUN DOG YOGA STUDIO

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