



**New Year
Yoga and
Meditation!
For Mommy
(+ mommy-to be)**

**January 6th
10am - 12noon
\$35 per mom**

Join other moms for a quiet, reflective time at the beginning of the new year. Class will include yoga, breathing, and meditations for the new year. Take time to sit back and see the amazing transitions you have gone through in the past year and gain insight for the coming year. Pre-registration and payment required.

Now Registering!

Prenatal Yoga

Mom and Baby Yoga

Fertility Yoga

Childbirth Education Classes

New Year Meditation and Yoga class



PRENATAL YOGA Birth With Yoga! Thursdays 5:45pm and 7:00pm

What moms say "...not just another yoga class, but a class that prepped both your body and mind for labour..."



MOM AND BABY YOGA!

**Fridays at
1:00pm**

What moms say "...I have thoroughly enjoyed the classes. I have learned a lot and feel that I am developing confidence as a mother..."

CHILDBIRTH EDUCATION CLASSES!

Expecting A Baby?

Birth with your mind and body! Learn more than just information! Upcoming group prenatal classes to prepare new parents...

1. Weekend

Saturday, Jan. 14 and Sunday Jan. 15, 2012 - 9 a.m. to 3 p.m. in Milton

Or

2. Weekly

Mondays, Jan. 30 to Feb. 27, 2012 - 7 p.m. to 9 p.m. in Georgetown

Cost : \$180 / couple

These Childbirth Education sessions will prepare mothers and fathers for labour, birth and the postpartum days. Knowing your options and what you might expect can help you make informed choices in your birth experience.

Birth Art sessions

Based on the work of Pam England of Birthing From Within

"One kind of learning comes from books. But the learning necessary for you to participate completely in your birth must come from you. In making birth art or journaling, just bringing an image to light can be surprisingly revealing (and sometimes healing). Listening to it speak to you can tell you even more. Dreams, reverie and art all carry messages from the unconscious?"

Book a private session or give it as a gift! Use, yoga, meditation and birth art to process thoughts and feelings before, during and after birth, in a safe, fun way.

FERTILITY YOGA

Friday mornings at 10:30am

Prepare for conception and gain strength, flexibility and a calmer mind. Waiting for a baby can be stressful. This class is suitable for all women, at all stages of fertility.