



Parent & Me Yoga

6 Week Series

Thursdays

January 19 – February 23

2:00 – 3:00pm



PRACTICING YOGA AFTER THE BIRTH OF A CHILD IMPROVES STRENGTH AND FLEXIBILITY, ENERGY, AND ENDURANCE, WHILE SUPPORTING THE PARENT/CHILD BOND. PARENT & ME YOGA TAKES PLACE IN A NURTURING ENVIRONMENT, CONTRIBUTING TO THE EMOTIONAL WELL-BEING OF BOTH PARENT AND CHILD.

WITH DOCTOR APPROVAL, CLASSES ARE OPEN TO MOMS OR DADS WITH BABIES 4-6 WEEKS UP TO AND INCLUDING THOSE BEGINNING TO CRAWL.

PRE-REGISTRATION REQUIRED. \$110 FOR SIX WEEKS.
SIGN-UP ONLINE OR BY PHONE TODAY!

ADD SOME JOY & FUN INTO 2012!

- ★ *Regain strength & balance*
- ★ *Tips for exercising with a child*
- ★ *Tools to relieve stress & calm your baby*
- ★ *Enjoy bonding with your baby*
- ★ *Meet other new parents*

Satsang Yoga Studio * 307 South Avenue West * Westfield, NJ * www.satsangyogastudio.com * 908.789.7203

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