



OmBase

organic free range yoga



MOMMY + BABY Om yoga

The physical demands of caring for a new baby can place stresses on your body that manifest as tension and even injury to your neck, shoulders, hips and back. The class will focus on gentle yoga exercises to realign the spine & strengthen abdominal & pelvic floor muscle. The class will also promote deep relaxation for mental and emotional well-being. Classes are a community and support for like-minded moms with babies before crawling age.

Pre-registration required

Saturdays 11:30–12:45 pm

4 class series: 9/8–10/5 (no class 9/22)

\$50



For the last 10 years yoga became a way for Monique to work through the stress of being a middle school math teacher, and it became even more important to her first pregnancy and birth of her daughter. Motherhood, though joyous, brought challenges including tendinitis of the hands, an ailment common to new mothers, as well as a rethinking of her identity brought about by leaving her teaching career. Monique was fortunate to participate in an immersion class which reminded her of how powerful yoga is for physical strengthening as well as for providing a profound sense of calm within the chaos that accompanies motherhood and life in general.

