



Free Classes and Events

December 2009

Monday

10:15 AM – 11:15 AM Prenatal Yoga

Tuesday

10:15 AM – 11:15 AM Strong Mamas
11:30 AM – 12:30 PM Prenatal Yoga
6:00 PM – 7:00 PM Prenatal Yoga

Wednesday

10:15 AM - 11:15 AM Itsy Bitsy Yoga®
11:15 AM – 12:15 PM Postnatal Yoga

Thursday

10:15 AM – 11:15 AM Prenatal Yoga
6:00 PM – 7:00 PM Prenatal Yoga

Special Events:

Saturday December 5th

10:00 AM-11:00 AM Itsy Bitsy
11:00 AM-12:00 PM Postnatal Yoga
1:00 PM-2:30 PM Partner Yoga for Labor and Delivery

Saturday December 12th

10:30 PM-11:30 AM Mommy Massage
11:30 AM-12:30 PM Infant Massage
12:30 PM-1:30 PM Prenatal Yoga

Saturday December 19th

10:00 AM-11:30 AM Breastfeeding Basics
11:30 AM - 12:30 PM Postnatal Yoga

Free Valet Parking!

Fee applies. Please see class description for information.

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.

Strong Mama's

Join Tiffany, certified prenatal fitness trainer, as she leads you through a complete, safe and gentle prenatal workout using small hand weights, body balls and bands. This strength training routine will improve energy level, attitude and self-image.

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.

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.

Mommy Massage

Relaxing, gentle massage has been proven to be beneficial to expecting Moms, not only to pamper her, but also to promote a healthy pregnancy and birth. Let Dad get involved by learning simple massage moves from certified spa experts to relax and indulge their partner at home or in the labor and delivery room.

Infant Massage

Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has an important impact on development. In this interactive class, certified massage expert Monica Hamer guides parents through a step-by-step massage routine that enhances their natural ability to nurture and bond with baby. Specific strokes are taught to help with congestion, colic, and gas. Be prepared to bring baby, or practice doll and towel to class.

Breastfeeding Basics

Do you wonder...will breastfeeding hurt? Will I make enough milk? How will I know my baby is getting enough? If so, this class, led by Registered Dietitian and Lactation Consultant, Nicole Roth, is the one for you! Increase your confidence with breastfeeding and get your questions answered in this relaxed setting.

Beyond Basics: Breastfeeding II

In this class Nicole Roth, RD, LD, IBCLC, Lactation Consultant and Registered Dietitian, will cover choosing and using a pump, returning to work, preventing and managing breastfeeding challenges, ways to advocate for breastfeeding in your birth preparations, nutrition during breastfeeding, and much more! Prior completion of the "Breastfeeding Basics" class is recommended but not required for attendance in this class.

7700 W. Northwest Highway, Dallas, TX 75225

(Across from North Park Center, between the Cheesecake Factory and the Container Store)

214-346-9140

apeainthepod.com