

Postnatal – *Mommy and Me* – Yoga Classes

A fun interactive yoga class for both Parent and Infant!

Spend time nurturing your baby while caring for yourself. It is a great way to support the body's recovery after birth. In Postnatal Yoga classes, postures, breathing techniques, and meditation offer a practice that supports healing, relaxation, and toning. These classes are a wonderful way to connect with other new mothers in a supportive and healthy environment. Postnatal classes are appropriate for women from about six to eight weeks postpartum and up until about when baby begins to crawl.

Benefits of Postnatal Yoga for You

- Regain strength, energy and stamina that was lost during your pregnancy and birth
- Reclaim your post-pregnancy body through emphasis on abdominal toning, pelvic floor and back strengthening
- Focus on your breathing and boost your mood
- Release tension in the neck and shoulders as well as bring balance back to the spine after experiencing the stresses of pregnancy and labor.
- Enjoy spending quality time with your new baby

Benefits of Postnatal Yoga for Your Baby

- Boost your child's brain development through tactile, auditory and visual contact
- Promote emotional well-being which can help assimilate trust and security, which in turn leads to the development of self confidence - the foundation of a balanced body, mind and spirit
- Practice certain postural sequences in an established routine, which builds on your babies' knowledge of anticipation which can help develop language
- Help your baby sleep better and longer as a result of the physical and mental stimulation gained during postnatal yoga.

Moms and babies get to bond with each other and increase physical confidence, balance, agility and aid relaxation. Research has shown that children that exercise with their parents are more likely to stay active during their lifetime. It is never too early to start your baby on the right path to mental and physical well being and it is never too late to start to help your body to be healthy, vital, and strong again after pregnancy, birth and during the demanding time of motherhood.

The six classes will take place this summer on Thursdays (July 17, July 24, July 31, August 7, August 14 and August 21) at Karuna Shakti Center for Yoga and Meditation, 912 County Route 25 in Stuyvesant Falls, NY. Each class will last one hour starting at 10:00. The cost is \$65 for the six week long session and the class will be limited to 14 participants. For more information go to <http://karunashakti.com/> Call (281 – 2846) or e-mail at mommyandmeyoga@aol.com.

