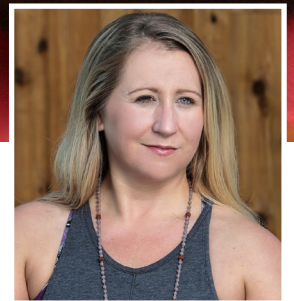


mama + baby yoga

with Lauren Gibbons



SUNDAYS

1:00-2:00pm

**New time starting
January 5th 2:00-3:00pm*

Regular class prices apply.

\$20 Walk-in

10 class package \$150
(expires in 4 months)

5 class package \$85
(expires in 2 months)

Register for classes on our
website class schedule at
beverlyyogacenter.com

Experience a warm and welcoming return to movement after birth. This weekly, ongoing Mama & Baby Yoga class is designed to help you bond and connect with your baby on a physical, emotional and spiritual level. Our classes are designed to support you through your postpartum recovery with special consideration for the core and pelvic floor.

We focus on breathing techniques and mindful movement designed for the postpartum body. We'll stretch muscles that are tight and overused from nursing/feeding, carrying and rocking your baby, while strengthening muscles that tend to be weak in new mamas. We incorporate gentle movements for baby to develop their motor skills, infant massage techniques and interactive poses and songs.

Mom & Baby Yoga is designed for babies 6 weeks to actively crawling. Dress your baby in layers and bring a baby blanket and diaper changing supplies. Please do not stress if you need to take frequent breaks to feed your baby, change a diaper or if your baby is having a fussy day.

**Note that our studio is a one-floor walk-up, so we recommend carrying baby in a carseat or wearing them in a carrier.*

 Beverly Yoga Center
inhale slowly...exhale softly