

Mom & Baby–Yoga for Two™ *with Christina Dubin* *Starts September 16, 2010*

(For moms and babies,
6-weeks to crawling)

This is an all-levels postpartum yoga class specifically designed to strengthen your body after giving birth, and to nurture the bond between you and your baby as you practice yoga together. We will focus on alleviating the aches and pains of the postpartum body, strengthening the abdominal and pelvic floor muscles and practicing relaxation techniques. Join the community and meet other new moms and babies!



Date and time:

4 week series starting
September 16, October 14 &
November 11

Thursdays, 11:00am–12:15pm

Cost:

\$20 per class
\$74 for the series

Registration Required.

For more information:

Call 978-223-2201 or email
christina@naturalyogi.com



Yoga Center
of NEWBURYPORT

12 Maple Street Newburyport, MA 01950
978.463.4354 center@newburyportyoga.com

www.newburyportyoga.com