



A Celebration for Mom

Prenatal Yoga & Baby and Mom Yoga!

With special guest Dana Layon—yoga instructor and author
April 15 & 16, 2011 * Friday and Saturday
Space is limited...register early!



friday, april 15, 11:30am – 1:00pm baby and mom yoga

60 minute yoga class followed by a book signing and read aloud with Dana Layon

A 60 minute yoga class for mothers with babies ages 6 weeks to crawling. Class designed to help mom:

- Gain strength and stamina
- Breathe to promote relaxation and presence
- Find balance and connection in her new life

This class is for all new mothers interested in surrendering into her new Self. Please bring a yoga mat and your baby! Yoga blocks will be provided. Baby can sleep during the practice but if not...good! Then we learn how to surrender and share our time effectively with grace and flexibility. Make sure to bring whatever baby needs...blankets, etc. Short question and answer session about the care, feeding and nurturing of YOU while you transform into this new role. **\$10 class fee**

saturday, april 16, 11:30-1:00pm prenatal yoga

60 minute yoga class followed by a book signing and read aloud with Dana Layon

Specialized yoga class designed specifically for mothers to be. As a prenatal woman you can practice prenatal yoga anytime from 6 weeks gestation to delivery date...health permitting.

This is what you can expect:

- Muscular strength and flexibility
- Balance and coordination
- Increased circulation and relaxation
- Regulated breathing patterns; increased oxygen to baby
- Bonding time with baby before and after birth
- Connection with other women

Please bring your yoga mat. Mats and other props will be provided if necessary. **\$10 class fee**

For more info about Dana Layon go to
www.danalayon.com



Register at **Cotton Babies**
www.cottonbabies.com
360-258-0644
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