

*** **FREE** ***

Mom & Baby Yoga

Prenatal, Perinatal and for all Moms or *Caregivers with Children ages 0 to 6



Two 6-WEEK PROGRAMS



WEDNESDAY MORNINGS – 10 TO 11 A.M.

May 26TH to Jun 30TH

and/or

October 6TH – November 10th, 2010

Location: 510 Veterans Avenue, Keremeos

Upstairs in the large room at the Legion

Who can come?

Prenatal – all stages of pregnancy	Toddlers – up to 6 yrs
Perinatal – exercise with your baby @ any stage of mobility.	Toddlers can play with our childminders or do yoga with you!
Specific postures, designed for women pre and post natal	*Caregivers you can come too! Open to anyone with children 0-6 yrs <small>*subject to class size-pre/postnatal women given priority</small>

What do you need?

Any type of mat, towel or blanket
Water bottle
Comfortable clothing - stretchy pants, light jogging pants, soft shorts, tank tops, t-shirts, etc.
No flexibility needed
Injured? this is a therapeutic yoga style is designed for persons with injuries

Yoga Therapist: Catherine Noeth, SOYA, SYT (for more information email info@afektlife.com or call 1-250-809-8978)
Catherine is a resident of Keremeos, is pregnant (due in August 2010) and has a 2 year-old toddler. She has completed her Level III Shiiki Yoga Therapist training as well as the South Okanagan Yoga Teacher (SOYA) training.

To Preregister Call: Anda Brockhoff, CAPC Coordinator, LSCSS

To Preregister via email: familycentre@nethop.net or leave a msg with Susan: 250-499-2352 Lower Similkameen Community Services Society

for more information email Catherine at: info@afektlife.com or call 1-250-809-8978 – registration also accepted at the first session subject to space
Funding, child-minding and facilitation provided by the Community Action Program for Children.