

Sweet Pea Yoga

December Newsletter

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Hello Friends,

I hope this newsletter finds you enjoying the best the holiday season has to offer! With spare time at a premium, this month the Sweet Pea Yoga Newsletter will be kept short and sweet with just the basics: Winter class schedules, Prenatal Yoga info, New Mothers' Teas and lots of great last-minute online/local shopping ideas.

We'll be bringing Moms' Night Out back to Franklin in Jan/Feb so stay tuned for details. You won't want to miss the delicious food at Spruce Pond Creamery and the fabulous company of fellow S.P.Y. moms!

Online registration is now available for Winter Hopkinton classes at Absolute Yoga in Hopkinton. To register online for Sweet Pea Yoga classes you'll want to register through the Absolute Yoga site. Printable registration forms are always available at www.SweetPeaYoga.com

Thank you all for bringing your friendship, good humor and sense of fun to class this year. It has been a splendid year for Sweet Pea Yoga with so many exciting changes, growing classes, terrific families, events and friends both new and old. It is the families that make Sweet Pea Yoga special and I look forward to continuing this journey with you in 2007!

Winter Class Schedule

More days (Wednesday & Thursday) and class times to choose from! Families with preschool-ers will love the afternoon Tykes/Little Family classes!

Join us on Wednesdays for Itsy Bitsy Yoga
Weds. Jan. 17 - Feb. 28 (7 wks, no 2/21)

11:15am – Tots Yoga
1:00pm – Tykes/Little Family Yoga
2:30pm – Baby Yoga (*new day)

Join us on Thursdays for Itsy Bitsy Yoga
Thu. Jan. 18 - Mar. 1 (7 wks, no 2/22)

9:15am – Tykes/Little Family Yoga
10:30am – Baby Yoga
Noon – Tots Yoga

Click on the **start date** of the class to [register & pay online here](#)

New Mothers' Teas ~ FREE Welcome Tea on Friday, Jan. 5th, 3:00-4:00pm

Surrounding yourself with those who understand and support you during the first few days, weeks, and months of your baby's life is essential for your health and wellness as a new mom. Sarah Kipp-McGowan of Oh, Baby! Better Baby Basics is pleased to offer New Mothers' Teas as an opportunity for new moms to meet, socialize, and enjoy refreshments while receiving information and support. New Mothers' Teas are offered in 5-week cycles,

Prenatal Yoga for Expecting Moms

Hopkinton: Absolute Yoga now offers Prenatal Yoga twice weekly! New 8-week Prenatal session begins on **Tues. Jan. 9th** at 7:20pm and **Thurs, Jan. 11th** at 7:30pm. (\$120/session or \$199 for both) Pre-register for next session [click here](#) / 508-435-3366

Last minute shopping ideas

These services are great for those who are strapped for last minute shopping ideas. All of these businesses are owned by or have contributions from Sweet Pea Yoga moms or friends of S.P.Y. Thank you for supporting their businesses!

Yoga-related Gifts

For Babies, Tots and kids you might consider these fun yoga themed games and gift ideas:

- **"Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better and Grow Stronger"** book (birth-24 mos.) \$10.88 on Amazon.
 - Buy your child his own **Kid-sized Yoga Mat** 11.99 on Amazon [Click Here](#)
 - **The Yoga Garden Game**, \$20 [Click Here](#)
 - **The Yoga Card Deck** [Click here](#)
- Great poses, simple to follow pictures, games, art ideas, sequencing and partner poses! Many suggestions for how to simplify or make the practice more challenging.

with new topics presented for discussion each week. For more info about New Mothers' Teas and topics, visit [Oh, Baby! Better Baby Basics](#)

Upcoming New Mothers' Tea dates:

Jan. 5th (Welcome Tea), Jan. 12th, 19th & 26th Feb. 2nd and Feb. 9th. All Teas are hosted in Northborough, MA from 3 - 4:30 PM.

Topics include:

Slings, wraps, and all that!: Ways to carry your baby...hands-free!

Sleep, baby, sleep: Surviving the nights with a newborn

Mama, More, Milk: Basic American Sign Language to use with your baby

Keeping Mama Whole: Nurturing oneself while mothering

Infant massage: Who, what, when, where, why, and how

Community Connections: resources for moms and babies in your area

The Welcome Tea is free, though registration is required. Please call 508.439.2896 or email Sarah@ohbabyworks.com Registration is \$60 for five weeks. Pre-registration req'd by Jan.2nd.

Register by December 26th and receive a \$5 discount! (Discount cannot be combined with coupon offers.)

**Sweet Pea Yoga Moms' Night Out
Join us in Franklin in the New Year!**

Thank you to all the Sweet Pea Yoga moms who joined us for Moms' Night Out in Hopkinton earlier this month. What a fabulous turnout! Thank you for your wonderful company and bringing the warmth on a wintry night.

Next Moms' Night will be in Franklin in Jan/Feb. Stay tuned for details to be posted soon!

Children's / Youth Yoga for ages 5-12

As children of all ages know, yoga is a natural exploration of movement, balance, imagination and fun! New 6-week Children's/Youth Yoga session starts **Tuesday Jan. 16th, 4:30-5:30pm** at Absolute Yoga in Hopkinton. Please register early for these wonderful classes with Joan Jensen as Children's Yoga classes are hard to find. To register, click to [pay online here](#)

**Special Event: "108 Sun Salutations"
Sat. Jan. 6th, 9:30am-11:00am, \$25**

What better way is there to recharge your ongoing yoga practice in the New Year and bring it to a deeper, more meaningful level than with this special event?

With its wide range of movements, it has been

\$14.95 on Amazon

- **"StoryTime Yoga: Teaching Yoga to Children through Story"** \$19.77 on Amazon [Click here](#)

Hand-made Children's Clothing

Looking for a one of a kind holiday or birthday gift? Distinctive children's clothing by Annie M. Design's is breathtaking yet sturdy enough to handle the most active kids and frequent washings! You may have seen some SPY students in class wearing these lovely duds. www.AnnieMDesign.com

Hand-painted Yoga Tees-Mom and Me

Hopkinton mom Ann Marie Corio paints the loveliest yoga t-shirts with "Namaste" and "OM" on the front. Some of you have seen Ann Marie's precious designs at the studio this week—in adult, infant and tyke-sizes. The infant tees up to 24 mos. are made of 100% organic cotton. You can find Ann Marie's shirts under the name "Tutti a Mano" (or "Everything by Hand") No website yet but you can request pictures or place orders through Tutti a Mano at AMCorio@comcast.net or through Alexandra at alexandra@sweetpeayoga.com

Etsy.com –for every occasion

SPY Mom Jennifer S. got me hooked on this fabulous website! www.Etsy.com All original items are made by various artists and craftsmen with every kind of theme, style, budget you can imagine. I've bought beautiful handmade purses, gorgeous afghans, jewelry and more. If you don't see what you are looking for, you can post a request on "Alchemy" for an item that you want made—name your budget, style, needs—and various artists will bid on it!

Massage/Spa Services are the perfect gifts for the person in your life who needs some TLC (and a wonderful hint to drop if you need the TLC yourself!)

Body Restoration (Hopkinton)

It's easy to purchase gift certificates online for treatments at Body Restoration in Hopkinton. Swedish, Deep Tissue, Hot Stone Massages, Prenatal and Postnatal Massage, Reflexology, Reiki, Mud Wraps and other spa treatments. Visit www.Body-Restoration.com to **purchase online** or call 508-435-4420.

Metrowest Massage Therapy (Marlborough)

If you visit Metrowest Massage to buy a gift certificate or for a treatment you might run into owner Jodi Eldridge (Brady's mom)! Jodi's capable hands will leave you floating out the

said that Surya Namaskara (sun salute) contains an entire practice within it, and the seamless repetition of 108 salutes creates a deeply meditative state of being and a connection to the peace of the present moment. Within the support of community, we will move and breathe as one as Deb Newman keeps count and guides the practice. Appropriate for all levels familiar with the Sun Salutations, there is no pressure to complete the entire 108. As always, give yourself permission to rest or to modify as your energy requires. Join us afterwards for optional tea and snacks. \$25, pre-registration req'd by 1/5. Call 508-435-3366 or visit www.AbsoluteYoga.net to register.

door! Many styles and types of massages available. 32 Hosmer St. (near Firefly's), Marlborough or call (508) 485-4404.

Nurturing Touch Massage (Southborough)

Whether it is the scalp massage or the blissful prenatal massage, you will find just what you need at Nurturing Touch. You can't beat the convenience of this Rte. 9 location. Visit www.nurturingtouch-massage.com or call 508-229-0606.

Perfect Present Massage (Franklin/Milford)

Nina Flood's (mom of tyke Sean) Perfect Present Massage offers Infant Massage lessons, Swedish massage, and the luxurious Belavi Face Lift massage! Visit www.perfectpresentmassage.com or Nina at (508) 482-0898

Silpada Silver Jewelry

Tyke mom Karyn Bilezerian is a Silpada representative! Look online at the Silpada catalog via Karyn's [website](#). The high quality, handmade silver jewelry is beautiful and offer a wide range of prices. Call Karyn at 508-384-1826 to place your order in time for the holidays.

As always, thank you for your ongoing support of Sweet Pea Yoga classes and I look forward to sharing yoga with you and your Sweet Peas in the New Year!

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