

# Sweet Pea Yoga

## January 2007 Newsletter

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Hello Friends,

By now I am sure you are fully embracing the new year and the (relatively) mild weather we've had. I hope you are finding your balance again after the hustle and bustle of holiday season! As always, you will find Winter and Spring class schedules, Valentine's Yoga details, Prenatal Yoga info, and links to free Itsy Bitsy Yoga classes in Los Angeles (c'mon take a road trip and join me--It's L.A. in February!).

We'll be bringing Moms' Night Out back to Franklin in early February so keep reading for details. The delicious food at Spruce Pond Creamery is not to be missed!

Online registration is now available for Winter and Spring classes at Absolute Yoga in Hopkinton. Limited space is available for the Jan/Feb session that begins next week. To register online for Sweet Pea Yoga classes you'll want to register and pay through the [Absolute Yoga](http://AbsoluteYoga.com) site. Printable registration forms are always available at [www.SweetPeaYoga.com](http://www.SweetPeaYoga.com) but with limited space, please call in advance if you plan to mail in a deposit.

Thank you for your generous endorsements of IBY classes with Sweet Pea Yoga. The SPY family continues to grow with so many new folks learning of Sweet Pea Yoga through word of mouth--I am truly grateful for your kindness. I look forward to a wonderful year ahead with all of you!

### 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 (*full*)

1:00pm – Tykes/Little Family (*3 spots left*)

2:30pm – Baby Yoga (*\*new day*) (*full*)

**Weds. Mar. 21 – May 9** (7 wks, no 4/18)

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 (*1 spot left*)

10:30am – Baby Yoga (*2 spots left*)

Noon – Tots Yoga (*1 spot left*)

**Thu. Mar. 22 – May 10** (7 wks, no 4/19)

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](#)

**Alexandra heads West in February to teach Baby Itsy Bitsy Yoga! Tell your friends about Alexandra's free Baby**

### Valentine's Yoga Weekend Event Feb 3<sup>rd</sup>

Celebrate the sweetest of holidays with your Sweet Pea at a Valentine's Yoga special event class! This popular Sweet Pea Yoga event will offer **Tots and Tykes/Little Family Valentine's Yoga Events** at Absolute Yoga Hopkinton These special 1-time event classes are perfect for current students and for people looking to enjoy Tot or Tykes/Little Family Yoga for the first time. Please, only 1 parent should attend with each child.

#### Saturday, February 3<sup>rd</sup>

11:30am-12:30pm – Tots Yoga

1:15pm-2:00pm – Tykes/Little Family Yoga

**\$16 for 1<sup>st</sup> child, \$8 for 2<sup>nd</sup> child over 12 mos.**

Find more info, class times and printable registration forms and online registration at the

[SPY website](#)

### Moms' Night Out Event on Feb. 6<sup>th</sup>, 7:15pm at Spruce Pond Creamery in Franklin

370 King St. Franklin (exit 16 off 495)

[www.SprucePondCreamery.com](http://www.SprucePondCreamery.com)

Our next Moms' Night Out will be at Spruce Pond Creamery in Franklin. We've held numerous Sweet Pea Yoga Moms' Nights here and the food—and of course the company—was a hit! Try the "Declaration of Sustenance" (Diced wood-oven roasted chicken breast and organic

## IBY classes in Los Angeles!

Some have already heard the exciting news... Itsy Bitsy Yoga Int'l has partnered with Parenting Magazine (Time, Inc) to conduct promotional events in 5 US markets. Alexandra has been asked to teach five hour-long free Baby Itsy Bitsy Yoga class events in Los Angeles area.

If you have any friends in the LA area who would like to attend, please have them sign up by clicking on [this link](#). Please let them know that Baby Itsy Bitsy Yoga is for non-crawling babies from 3-weeks olds through 8 months.

Other free Baby IBY events are happening during Feb and March in **New York City, Chicago, San Francisco and Washington, DC** and people may register at the same link. Sorry, none scheduled for the Boston area.

### **Dates and details:**

**Saturday, Feb. 24<sup>th</sup>, 2:15 & 4:00pm at Liberation Yoga** in West Hollywood  
[www.LiberationYoga.com](http://www.LiberationYoga.com)

**Sunday, Feb 25<sup>th</sup>, 1:30pm, 3:00pm & 4:30pm at Garden of Deep Awareness Yoga (GODA Yoga)** in Culver City  
[www.GODAYoga.com](http://www.GODAYoga.com)

### **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. 16<sup>th</sup>, 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](#)

### **Did you see Itsy Bitsy Yoga on TV?**

I hope you had a chance to catch the fun feature about Helen Garabedian and Itsy Bitsy Yoga last month on Fox25 news. If you missed it, [click here](#) to see the video!

broccoli over a special cream sauce, topped with blend of organic cheeses and organic Roma tomatoes) or my personal favorite "The Franklin Stove" (Wood-oven roasted organic Portabella mushrooms and red onions roasted in balsamic vinegar, over mushroom puree, with a blend of organic cheeses). The home-made ice-cream is superb and there are numerous standard and special flavors (banana chocolate chunk, anyone?) to choose from.

"E-vites" will be emailed in the 3<sup>rd</sup> week in January to current and recent SPY class attendees. If you haven't been to class in a bit, we'd love to have you join us! Just [email me](#) to make your sure get send the details! As always, friends and new faces are welcome.

### **Prenatal Yoga for Expecting Moms**

**Hopkinton:** Absolute Yoga now offers Prenatal Yoga twice weekly! New 8-week Prenatal session began on **Tues. Jan. 9<sup>th</sup>** at 7:20pm and **Thurs, Jan. 11<sup>th</sup>** at 7:30pm. (\$120/session or \$199 for both) Pre-register for next session or join the current session for week 2 [click here](#) / 508-435-3366

### **Birthday Parties with Sweet Pea Yoga**

Sweet Pea Yoga is now offering birthday parties! Celebrate your Sweet Pea's 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> birthday with a special yoga birthday party! Choose from a **Tots party** (almost crawling – 2 years) or a **Tykes party** (16 mos.- 4½ year olds). We can hold the party at Absolute Yoga studio in Hopkinton or at your home (space permitting). There are 2 birthday packages to choose from and a variety of extra services aimed at making your Sweet Pea's birthday party a stress-free event. Call Alexandra at 508-981-3244 for details and to book your Sweet Pea's birthday party today. [Read about SPY Birthday Parties](#) (bookings are being accepted 4+ weeks in advance)

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!

Alexandra De Collibus, CIBYF  
[www.SweetPeaYoga.com](http://www.SweetPeaYoga.com) / 508-981-3244

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