

Sweet Pea Yoga

March 2008 Newsletter

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Hello Friends,

As I write this newsletter I am watching the giant snowflakes falling in what seems like slow-motion to blanket my neighborhood. It is a magical kind of snow day—a good day to stay in and stay cozy. Does it look like March, not exactly? Ever the optimist, I always imagine March with milder temps, drier land and at least a few days of leaving my winter coat in the closet while I go out. Seemed like a good day to write a newsletter....especially with some wonderful events around the corner!

March/April sessions starting up soon! We still have room for a few more folks all classes but with the current session ending this week, register soon to get your favorite day/time.

Join us for a pre-school Parents' Night at the Montessori Children's House in Southborough. Any parent who has embarked on the "preschool process" can attest to daunting task of where to begin. Finding a preschool is as much about finding a good fit for the child as it is for the family. I am thankful to have been involved in a lovely preschool in Southborough that offers intimate classroom sizes, zero full-time staff turnover (so important!) and a quality program. Not sure what Montessori is about (you would be amazed at the wildly different ideas people *think* it is...) or if just need to get over the fear of the daunting process and just get your feet wet, we welcome you to join us on March 13th. Please RSVP through me and feel free to invite a friend.

New Mothers' & More Chapter in Metro West is having their first Open House this Tuesday—keep reading for details.

Fun fitness, relaxation and support for moms and moms-to-be! YogaMoms and New Mothers' Tea and Prenatal Yoga sessions start up in just over a week! You won't want to miss these wonderful classes for new and experienced parents.

Congratulations to Ann Marie Corio who won the \$40 Gift Certificate for classes with Sweet Pea Yoga for referring the most friends to YogaDay USA last month--we raised over \$550 for the Worcester County Food Bank! Thank you to ALL who participated in and supported this wonderful event!

Sweet Pea Yoga Spring '08 Classes 10:30 Tykes class is staying!

[Join us on Wednesdays for Itsy Bitsy Yoga](#)

Weds. Mar. 19 – May 7 (7 wks, no class 4/23)

11:15am – Tots Yoga (still room)

1:00pm – Baby Yoga (still room)

[Join us on Thursdays for Itsy Bitsy Yoga](#)

Weds. Mar. 20 – May 8 (7 wks, no class 4/24)

9:15am – Tykes/Little Family (1 spot left)

10:30am – Tykes/Little Family (3 spots left)

Noon – Tots Yoga (still room)

Click on the **start date** of the class to [register & pay online](#). Read about Class Descriptions and more at the [SPY website](#).

New Mothers & More Chapter opening up! Reaching out to moms and families along 495. [Open House this Tuesday March 4th](#).

Special Invite: Join Alexandra for Parent's Night Thurs. March 13th at The Montessori Children's House in Southborough

Thursday, March 13th at 7pm

As many of you know, I work in the classroom at The Montessori Children's House preschool in Southborough twice weekly. Sweet Pea Yoga families regularly ask me about my own Montessori experience (from preschool through 6th grade) and about the Montessori philosophy as well as tips on how to begin the preschool "process".

Though Parent's Night is primarily for current parents, **we invite you to listen in on the discussion at this special evening.**

This spring's Parent's Night will present an overview of the Montessori math curriculum in particular and its relationship to other areas and aspects of the classroom.

After the presentation the staff will separate into 1-

I am excited to share that Mothers & More is **launching a chapter in our area!** Don't miss the open house being held on **Tues. March 4th, 7:00pm at the Milford Town Library.** Please **email coordinator Dianne Keohane** for details diannemlk@yahoo.com

Mothers & More is a non-profit membership organization serves over 7,000 mothers in the U.S. and beyond. M&M is a nationwide network of local chapters for mothers who are —by choice or circumstance — altering their participation in the paid workplace over the course of their active parenting years. Chapters are structured to support a mother as she navigates the challenges of her daily life - whether she is a full-time family caregiver or struggling to achieve a better balance between the demands of paid work and family care. Through the chapters and other services, M&M provides opportunities for mothers to connect with one another in ways that assist them in developing their unique identities as women and help them move more confidently through the transitions that affect their family, work, and life. Mothers & More champions the value and necessity of all mothers' work to our society - paid and unpaid, within and outside of the home as they strive to raise awareness about the fact that mothers live and work in a society that presents significant barriers to their ability to succeed as women, citizens, parents or participants in the workforce.

Here is more info about Mothers & More (www.mothersandmore.org).

PlayTown Express indoor playground and childcare drop-off in Hopkinton

Longtime Sweet Pea mom Christine R. tipped me off about a new indoor playground with an optional drop-off care area located **right down the street from Absolute Yoga.** Their play center offers equipment suitable for children 0-9 years of age which includes a netted climber, train bouncy or and play cars. Infants can play too in a separate matted section. Parents are welcome in the play center or can choose to remain in our parent's area with internet access and full view of the play area. There is a dining area for those who choose to bring lunch or snacks.

Their drop-off childcare area called Grandma's House offers parents an opportunity to pop over to Absolute to take a yoga class, grocery/errand time and more. Times and rates can be found at their [website](#).

Prenatal Yoga: 7-week March/April session accepting names for waitlist.

Prenatal Yoga for expecting moms is a class

on-1 discussions with current parents but would be happy to set up a date in the future should you have questions about Montessori in general, the school in particular, and/or the observation and admission process. Coffee/ refreshments provided. The Montessori Children's House of Southborough provides a Montessori education from **2.9 years through Kindergarten** in a mixed-age, multicultural classroom. The school offers two sessions: a.m. & p.m. with each session runs 5 days a week. The school is located at 64 Central St. (½ block off Rte. 9) in the Fayville area of Southborough. School phone is 508-786-5924. Click to [RSVP to Alexandra](#) by email or call Alexandra at **508-981-3244**

<http://montessorichildrenshousesouthboro.com/>

YogaMoms: New 6-week session starts Monday, March 10th

“YogaMoms” is a unique class where **Moms can focus on their fitness and wellbeing** while incorporating fun for the little ones (ages 6-weeks to pre-crawling) in a safe and clean environment.

Moms with or without prior yoga experience will enjoy the opportunity to **stretch, strengthen and relax in a friendly community of fellow parents and babies!** Some of our movements will include our little ones (if they oblige) and others will be completely for Moms. Class will end with shavasana (relaxation).

Just bring a baby blanket or car/bouncy seat for your baby and a yoga mat and bottle of water for yourself. Bottles and nursing are welcome!

Join Kristine Maselli (Absolute Yoga owner, Prenatal Yoga instructor and Mom of 2) for this class at Absolute Yoga, Hopkinton. The new 6-week Yoga Moms session begins **Monday, March 10th at 11:00am** (\$78). Pre-register [here](#) or call 508-435-3366. Space is limited so register early.

New Mothers' Tea- Next 6-week session starts Tuesday, March 11th.

A Group for new and experienced mothers with babies (newborn to pre-crawling). Connect with local moms, explore weekly topics for discussion, ask questions and share concerns. Teas include infant massage, basic ASL baby signs, and more. Weekly topics may include: **Community Connections, Baby Wearing & Soothing--Benefits and Options, Sleep, baby, sleep!, Moms and Babies--Healthy, Happy, & Whole, Nutrition and first foods.**

designed to help meet the challenges and transformations of pregnancy and birth with strength, confidence and calm. You'll learn safe, effective yoga poses for each trimester and breathing techniques that will prepare and relax you for a smooth labor.

Class is offered at Absolute Yoga, Hopkinton. The next **7-week Prenatal Yoga session with Kristine and Jaime begins Sunday, March 16th at 6:00pm** (\$105, no class 3/23). Pre-register [here](#) or call 508-435-3366.

Next session: Tuesdays, March 11 – April 15thth 2:30-3:45pm (6 weeks, \$78) at Absolute Yoga.

[Pre-register online](#) for the next 6-week session as space is limited. Call 508-435-3366 with questions. Learn more about Sarah and *Oh, Baby!* at www.OhBabyWorks.com

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 coming months!

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