

# Sweet Pea Yoga

## Late Spring 2007 Newsletter

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Hello Friends,

Wow! It is incredible to see the school year winding up and summer is on our doorstep. I am excited to share yoga with you this spring and summer. Yoga can be the R&R you are craving!

Late Spring classes start up just around the corner on May 16 & 17. **Late Spring and Summer class dates are on the website and online registration is available.** It can seem like that July session is far off but they are sure to fill with all those wonderful teachers who join us for summer Sweet Pea Yoga classes—they are like the swallows returning to Capistrano—always a welcome sight!

As always, please register early as the July/August classes already do have registrations in. Our new makeup class option for a missed class makes working classes around your summer vacation plans a snap!

Don't miss Alexandra and fellow Sweet Pea moms on **Animal Planet** mid-month!

**Mother's Day Yoga** is next week and **Father's Day Yoga** is in the works for next month! These are always popular events with moms, dads, grammies and aunties alike. Mark your calendars for **Moms' Night Out in Hopkinton** in late-May.

### Spring & Summer Class Schedule

More days (Wednesday & Thursday) and class times to choose from!

#### Join us on Wednesdays for Itsy Bitsy Yoga

**Weds. May 16 – June 27** (6 wks, no 6/6)

**11:15am – Tots Yoga** (1 spot left)  
**1:00pm – Tykes/Little Family** (limited space)  
**2:30pm – Baby Yoga** (limited space)

**Weds. July 18 – August 15** (5 wks)

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

#### Join us on Thursdays for Itsy Bitsy Yoga

**Thu. May 17 – June 28** (6 wks, no 6/7)

**9:15am – Tykes/Little Family** (limited space)  
**10:30am – Baby Yoga** (limited space)  
**Noon – Tots Yoga** (1 spot left)

**Thurs. July 19 – August 16** (5 wks)

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

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

**See Alexandra and Sweet Pea Yoga  
Moms & Babies on Animal Planet  
Mon. May 14<sup>th</sup>, 7pm** (Rerun 5/15, 2am)

### Mother's Day Yoga Weekend Events

Join us for one of the most popular events of the year—Mother's Day Yoga with Sweet Pea Yoga! This special event will take place at Absolute Yoga in Hopkinton the day before Mom's special day so yoga won't interfere with your brunch or family plans on Sunday. This class is perfect for current students, for folks who cannot join us for weekday classes, or if you are looking to see what yoga is all about before signing up for a session. Please, only 1 parent/caregiver should attend with each child.

**Saturday, May 12<sup>th</sup>**

**Tykes/ Little Family Yoga 11:15am-Noon**

**Tots Yoga 12:30-1:30pm**

**Baby Yoga 2:15-3:15pm**

All classes \$16\*. Online Registration (pay by credit card) now available at [the Absolute Yoga website](#). Printable mail-in forms are available online at [www.SweetPeaYoga.com](http://www.SweetPeaYoga.com) Call Alexandra for details at (508) 981-3244 As always, pre-register for this special class.

- Tykes tuition: \$16 for 1<sup>st</sup> child, \$8 for 2<sup>nd</sup> child over 12 mos.

**"Mother's Day Nia Family Jam"  
w/Jen Sunday, May 13, 4:30-5:30pm**  
Experience the joy of Nia with your family!

Every few months, the episode of Alexandra teaching a special Baby Itsy Bitsy Yoga class for Animal Planet's "The Most Extreme" TV program is re-run. If you've never seen it, you will have two chances to catch it this month.

Though at the time of the June '05 taping we were told the theme was to be related to "sleep" the final result is titled "Hissy Fits." Interesting...since the babies in class hardly cried at all!

So tune in to see your fellow Sweet Pea Yoga moms on Animal Planet's "**The Most Extreme...**" We are # 5 on the top 10 list, exactly 30 minutes into the program. This is a fun chance for friends and family to get a taste of your Itsy Bitsy Yoga experience!

The show will be aired locally on cable on Animal Planet TV at the following times:  
Monday, **May 14 at 7pm & 11pm** and **Weds. May 15 at 2am (yikes!).**

### **Baby Wearing Workshop Sunday, May 6 & Baby Wearing in the Summer Heat...**

Sarah Kipp-McGowan of **Oh, Baby! Better Baby Basics** is hosting a **Baby Wearing Workshop Sun. 5/6, 1pm \$20 at Absolute Yoga** ([register online here](#)) passes along this useful tip for **safer baby wearing in the steamy summer months.**

"The slings I use, recommend, and sell are made of a light-weight breathable material. My first daughter was born in August--a particularly hot August--and we used the sling from her first week of life. In extremely hot weather, I recommend people strip babies down to a diaper, and consider the sling the as the baby's one layer of clothing. It offers much needed sun and bug protection (sunscreen and bug spray are not recommended for very young babies). With a well-placed hat and correct positioning, a baby's entire body can be completely protected. On days that aren't scorchers, a light layer of clothing inside the sling is also fine."

To learn more about **Oh, Baby!** and Sarah's Baby Wearing, Breastfeeding and New Parent Workshops, visit [www.ohbabyworks.com](http://www.ohbabyworks.com) Look for Oh, Baby! Workshops held at Absolute Yoga and around Metrowest.

### **Family Yoga with Amy for kids ages 5-10 with a parent!**

It is bittersweet to realize that your sweet peas eventually grow up and graduate from Itsy Bitsy Yoga. I often am asked for suggestions on where classes are offered for

Embody the dance of motherhood - rich, deep, divine, full of soul, beauty, laughter and love. Celebrate with your loved ones through dance and uplifting global rhythms. **Event open to all ages and levels of ability—even kids! \$20/family.**

Nia is a dynamic, expressive mind/body practice which guides the student into a physical, mental, emotional and spiritual state of energy and well-being. Combines dance and other elements infused with global rhythms to bring the practitioner into the joy of movement. Nia opens the heart. Nia opens the mind. Come prepared to move! Space is limited. [Register online here](#) or call Absolute Yoga at 508-435-3366.

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

Prenatal Yoga is a special class for expecting moms designed to help you to 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. Safe for Trimesters 1-3.

**Hopkinton:** Absolute Yoga offers Prenatal Yoga! New Prenatal session begins on **Tues. May 1<sup>st</sup>** and **Tues. July 10<sup>th</sup>** at 7:20pm (\$90-120/session) Call to join current session.

To pre-register for next session [click here](#) or call 508-435-3366

### **"Making Strides for O.I." Walk, Silent Auction & Family Fun Day Sat. June 9<sup>th</sup> Noon-4pm Bowditch Field, Framingham**

Please join us for the 3rd Annual "Making Strides for OI" Walk, Silent Auction & Family Fun Day. **Come and enjoy the kid-friendly festivities (face painting, music, etc) and walk a few laps for the cause (stroller friendly).** This special event is organized by Sweet Pea Yoga mom Michelle Potorski who has a daughter and a nephew who are affected by OI and Michelle and her family are making a difference—they have raised over \$130,000 in 3 years from this event!

Did you know that children with Osteogenesis Imperfecta are at risk every day from simple activities? Imagine your child breaking a leg from kicking a crib or cracking a rib when being lifted out of the bath. This is the heart-breaking reality for families with children who

parents and kids can continue learning and sharing yoga together after age 5... Well, finally, I am thrilled to tell you about Family Yoga with Amy!

Instructor Amy Harper of Absolute Yoga is the perfect person to help you and your children grow your yoga practice together! After all, sweet peas become sweet kids and why should yoga take a backseat in their lives?

Amy offers 6-week Family Yoga sessions on **Tuesdays, 4:30-5:30pm (\$90/family)** at Absolute Yoga in Hopkinton.

Please register early for these wonderful classes as Family Yoga classes are hard to find! To see upcoming schedules and to register, click [here](#).

### **Moms' Night Out Event on Tues. May 29<sup>th</sup>, 7:15pm at O'Toole's in Hopkinton Hayward St. (near EMC) (exit 21a off 495)**

Our next Moms' Night Out will be at O'Toole's in Hopkinton.

"E-vites" will be emailed in mid-May 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.

### **Save the Date: Father's Day Yoga Weekend Events Saturday, June 16<sup>th</sup> Set aside your afternoon for Father's Day Weekend events with Sweet Pea Yoga!**

Details/registration posted online soon at [www.SweetPeaYoga.com](http://www.SweetPeaYoga.com)

### **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)

have severe cases of Osteogenesis Imperfecta ("OI" or Brittle bone disease). On June 9th, you can help to make a difference in the lives of these children.

To learn more visit [www.WalkforOI.org](http://www.WalkforOI.org) or contact Michelle Potorski (fellow Sweet Pea Yoga mom) at [mjp23@comcast.net](mailto:mjp23@comcast.net) or 508-435-3262 or. Thank you for supporting Michelle's efforts in finding a cure.

### **Sweet Pea Yoga Families share their favorite Park & Summer activities!**

Here is a great recommendation from Sweet Pea Yoga mom Catharine:

**"Dinosaur State Park in Rocky Hill, CT** --It really is truly worth the drive. It really gets you thinking about the world around you in a different way-- and is tangible even for kids. I have vivid memories of my own first trip in kindergarten. I took my niece when she was 3 and she was a little scared of the inside museum (just some lights & loud dino sounds), but my daughters were ages 4 & 5 when we took them and they loved it. Any child who has an attraction to dinosaurs will love it at a young age. Some of the science & geology is probably better suited to older kids, 6 & up. There are several 'nature trails' which are easy for walkers+, not for strollers. They often have activities/crafts scheduled."

[www.dinosaurstatepark.org](http://www.dinosaurstatepark.org) 860-257-7601

SPY Mom Stephanie says the **Tot Lot at the Nason Street Playground in Franklin** is a hit with her busy toddler. Renovated in 2003 this Tot Lot is said to be for ages 2-5 years old but Stephanie says that younger tots are able to enjoy this playground and that it is definitely geared toward the younger age of that 2-5 range. The new playground features wiggle worm, 2 spring animals, balance beam, and a block climber. New bucket swing seats have been added for a safer swing set area. Visit the new Tot Lot on Nason Street today. Here's a [map](#)

Please [email me your favorite park or activity](#) (along with best age groups, any interesting details and/or why you love it) and I will try to include them in the upcoming summer newsletters so everyone can be in the know.

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!

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

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