

Sweet Pea Yoga

May 2008 Newsletter

Contents:

Spring /Summer 2008
Class Schedule

Calling All Teachers

Prenatal Yoga

Baby Wearing/Sling
Workshop

Making Strides for OI

Spruce Pond
Creamery

Marion's Pie Shop

Fun Summer Activities

Hello Friends,

Happy Mother's Day everyone! I hope this newsletter finds you basking in a little Mother's Day afterglow. The weather was lovely and finally the trees are really blooming (and many of us have the sneezes to prove it!) I enjoyed wondering how all of you wonderful Sweet Pea families were celebrating and wishing you all a special day.

Hard to believe it but May/June sessions start this week! We still have room for a few more folks so if you are looking to join us for yoga through June, please register soon to save that spot!

I couldn't resist sharing a few fun summer activities—some of the activities are my favorites (Making Strides for OI event, Marion's Pie Shop) and others are tried and true from Sweet Pea parents. I hope you can enjoy them over the next few months!

Great workshops and classes for moms and moms-to-be! Prenatal Yoga and the Baby Wearing/Sling Workshop are just around the bend! You won't want to miss these wonderful classes for new and experienced parents.

Sweet Pea Yoga classes: Late Spring Session starts this week!

Join us on Wednesdays for Itsy Bitsy Yoga

Weds. May 14 – June 25 (6 wks, no class 6/4)

Weds. July 9 – Aug 6 (5 weeks)

11:15am – Tots Yoga (3 spots left for May ses.)

1:00pm – Baby Yoga (1 spot left for May ses.)

Join us on Thursdays for Itsy Bitsy Yoga

Thurs. May 15 – June 26 (6 wks, no class 6/5)

Thurs. July 10 – Aug 7 (5 weeks)

9:15am – Tykes/Little Family (3 spots left)

10:30am – Tykes/Little Family (2 spots left)

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

Baby Wearing Workshop – “To Sling or Not to Sling...” for expecting, new and experienced parents!

Sunday June 22nd, 3:00-5:00pm

Explore the joys and benefits of using slings and wraps designed for safe, comfortable, hands-free carrying of infants and toddlers. More comfortable than the carriers sold in baby stores, and designed to promote the health of both baby and parent, a well-made sling is an essential tool for every soon-to-be and new parent! Perfect for discreet nursing, too! Pre-registration with payment required by Friday, 6/20. Space is limited!

\$20/person or \$25/couple. Register online [here](#) or call 508-435-3366 for details.

Calling All Teachers...

As many of you know, summer is a wonderful time for teachers to share yoga with their sweet peas. Hundreds of Sweet Pea Yoga's moms are teachers and it is always a treat seeing them in class during summer vacation. We appreciate you sharing your Sweet Pea Yoga experiences with a teacher you know who may be looking for a fun summer activity.

For expecting teachers: You'll be happy to know that Absolute Yoga's Prenatal Yoga classes continue to be offered all summer long!

Discounts for MTA Members: Did you know that Absolute Yoga offers discounts for MTA Members? Show us your card (or email us if you register online) and you receive \$5 off a single session or 5-class yoga card and \$10 off a 10-class yoga card!

Mark your Calendars!

Join Sweet Pea Yoga for Family Fun Day at the “Making Strides for O.I.” fundraising Walk and Silent Auction Saturday, June 7th! FREE!

Noon-4pm at Bowditch Field, Framingham

Please join us for the 4th 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. Children with Osteogenesis Imperfecta (“Brittle

[Learn more](#) about Oh, Baby!

Prenatal Yoga: July/August session moving to Tuesday!

Prenatal Yoga for expecting moms is a class 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. Our Sunay class is moving to Tuesdays for the summer months. It is never too early to register as our Prenatal Yoga class always draws a waitlist. Class is offered at Absolute Yoga, Hopkinton. The summer **7-week Prenatal Yoga session with Jaime Brault begins Tuesday, July 15th at 7:30pm** (\$105). Pre-register [here](#) or call 508-435-3366.

Spruce Pond Creamery / Franklin, MA

370 King St. Franklin (exit 16 off 495)
11:30am-9pm (Sun-Thu.), 'til **9:30** Fri/Sat
<http://www.franklinpizza.com/>

Okay, I will be very honest... This is more of a love letter to Spruce Pond Creamery... We've held 3 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 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 ice-cream is superb and there are numerous standard and special flavors (banana chocolate chunk, anyone?) to choose. The place is sure to be packed in the summer but there are tables inside and many more tables and benches outside.

Marion's Pie Shop / Chatham, MA

2022 Main St. Chatham (on Rte. 28)
8:00am-6pm (Mon-Sat.); 'til **5:00** on Sunday
<http://www.marionspieshopofchatham.com/>

My all-time favorite sweet shop is Marion's Pie Shop in Chatham. To write about this charming little shop simply won't do any justice as the real magic is on the inside. Their pie selection is astounding and their mini-pies make it easy to buy a few kinds to try out. Their Signature Pie is a Bumbleberry and it shouldn't be missed. Their Apple, Strawberry Rhubarb, Peach/Pecan are also out of this world. I could write an essay on

Bone Disease") are at risk of breaking bones from simple activities and routine tumbles or falls that all kids experience. Michelle's daughter Siena has OI. She lives a somewhat normal life of a 4 1/2 year old but she lives with the mindset that she can break her bones very easily. Last year, Siena broke her foot while she was normally playing with her friend, and was in a cast for six weeks. Though Siena's form of OI is mild, she could still break 50 bones in her lifetime. Michelle's nephew Jack is a 3 1/2 year old with OI who had two broken legs by the time he was four weeks old and has had multiple breaks since that time. **Michelle and her family are making a difference**—they have raised over \$200,000 in the last 3 years from this event! To learn more visit <http://walkforoi.org/> or contact Michelle Potorski (fellow Sweet Pea Yoga mom) at potorski.m@pg.com or call 508-435-3262 or. Thank you for supporting Michelle's efforts in finding a cure.

Sweet Pea Yoga Mom shares her favorite Summer activity!

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 860-257-7601

"Roger Williams Park & Zoo"

Just a short drive into Providence you'll find one of the loveliest parks in New England! Not only does this gorgeous park have a Museum of Natural History, Planetarium, Greenhouses, and a Carousel but the expanses of lawn and plenty of shade are perfect for picnicking, meeting your friends/family and making a day of it.

The acclaimed Roger Williams Zoo shouldn't be missed as it is as much a stroll through landscaped grounds (again, plenty of shade for toasty days) as it is a wonderful way to witness many beautiful animals. Visit

their pie crust alone which is sturdy and flaky. Remarkably, Marion's talents extend to savory food as well such as their Shepherd's Pie, Lobster Pie, Clam Chowder, Chili, etc. Their menu is extensive (it is a take-out store only) so be prepared to leave with lots of goodies. My hubby and I have been known to trek down the Cape with a cooler just to stock up on their savory pies to freeze at home and enjoy year-round. I have been also known to call them to beg that they share their pie secrets with me (unsurprisingly, with no luck).

Insider Tip: Call in the AM to ask them to reserve the pies you want to pick up later. Many fruit pies and cinnamon buns will sell out mid-morning. 508-432-9439

www.rogerwilliamsparkzoo.org for hours and details.

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 / 508-981-3244

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