

# Sweet Pea Yoga

## November 2009 Newsletter

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Hello Friends,

I hope this email finds you all doing well and gearing up for the Thanksgiving week ahead! I know from years of teaching that many of you count Thanksgiving as their #1 favorite holiday so as you embark on the traveling, prepping, feasting, gathering busyness, I invite you to *remember* that you named it as your favorite holiday and rush rush rush to “get through the week” quickly. Please take time to breathe in the spirit of this meaningful holiday and let it carry you through the rest of the year.

**Winter sessions are open for registration at [www.AbsoluteYoga.net](http://www.AbsoluteYoga.net) and there are early-bird discounts for those who register soon!** Dates and mail-in forms will be updated at the Sweet Pea Yoga site soon. For now, look for all details at Absolute Yoga’s website.

**Weekend Itsy Bitsy Yoga Meetup will feature Tots and Tykes level classes THIS Saturday Nov. 21<sup>st</sup>.** We are happy to offer Weekend Itsy Bitsy Yoga Meetups (single classes) while there continues to be interest. We know there are always families who are looking for weekend classes as well as some Sweet Pea Families who live too far to travel for weekday classes. We are so thrilled to offer you this weekend option. Keep reading for registration details.

**Great workshops and classes for everyone!** Holiday benefit yoga classes, Prenatal Yoga, Plus Size Yoga Meetup and more are also on the calendar so keep reading for info.

### Sweet Pea Yoga classes: Winter & Spring Sessions

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

**Tues. Jan 12 – Mar. 2** (6 wks, no 1/19 or 2/16)

**Tues. Mar 9 – Apr. 27** (7 wks, no class 4/20)

**10:00am – Tykes/Little Family**

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

**Weds. Jan 13 – Mar. 3** (7 wks, no class 2/17)

**Weds. Mar 10 – Apr. 28** (7 wks, no class 4/21)

**11:00am – Tots Yoga**

**12:30pm – Baby Yoga**

*6-week session is \$90\* online, \$95 mail-in.*

*7-week session is \$105\* online, \$110 mail-in.*

*\*Register for Winter Session by 12/10 and receive a \$10 discount!*

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

### “Grace & Gratitude” - a Thanksgiving Day Yoga Class to Benefit the Worcester County Food Bank

**Thursday, November 26<sup>th</sup>, 9:00am**

Give thanks, reflect on the meaning of abundance, and dedicate your practice to those in need. 100% of the proceeds from this special yoga class will be donated to the Worcester County Food Bank. Intermediate level.

### Join us **THIS** Saturday for our Weekend Itsy Bitsy Yoga Meetup Special monthly Itsy Bitsy Yoga classes held every 4-6 weeks.

Whether you are new to Itsy Bitsy Yoga, a continuing student or a once-in-a-while weekend yogi, this fun class another great option for sharing yoga with your sweet pea.

**Saturday, Nov. 21<sup>st</sup>**

**2:30-3:15pm – Tots Yoga**

**4:00-5:00pm – Tykes/Little Family Yoga**

**What:** A Weekend class for you and your sweet pea!

**Where:** All Weekend IBY Meetups will be held at Absolute Yoga in Hopkinton.

**Why:** Because not every parent/caregiver is able to join us for weekday classes.

**Who:** This special event class is perfect for your sweet pea to enjoy with a parent, a Grammy, auntie or grandpa! Remember, IBY is designed for just one adult per family at a time.

**Cost:** \$15 per Meetup, pre-registration required at time of Yes RSVP on Meetup.com. For the Tyke/Little Family class siblings are welcome: Younger siblings over 12 mos are \$8 extra (due at Meetup), siblings under 12 mos. come free!

**How to get started:** It’s easy! Visit the [Weekend IBY Meetup page](#) and register for free. Once you register, you’ll be the first to

**Suggested donation: \$20.**

Sorry, YC and Flex not accepted.

**RSVP at Absolute Yoga** no later than Weds 11/25 AM by phone or [email](mailto:508-435-3366). 508-435-3366

**Next Plus Size Yoga Meetup this Friday Nov. 20<sup>th</sup>**

A yoga class offering full figured women a judgment free space to embrace and support each other in a healthy lifestyle. Learn to use yoga and yogic principles to guide you to a vibrant life full of energy, freedom, and peace. Class will be taught by Annika Nilsson-Ripps.

At Absolute Yoga [www.AbsoluteYoga.net](http://www.AbsoluteYoga.net)

**Upcoming Meetups:**

Friday, Nov. 20<sup>th</sup> 7:00pm, \$15

Friday, Dec. 4<sup>th</sup> 7:00pm, \$15

**Plus Size Yoga Meetup** requires pre-registration at [Plus Size Yoga Meetup](#).

**“Yoga Twists for Digestion and Vitality”**

**Friday, November 27<sup>th</sup>, 9:45am**

Join Kristine for this miss this much-needed post holiday yoga class designed to support better digestion and release the toxins that leave you feeling sluggish. *Intermediate*.

At Absolute Yoga [www.AbsoluteYoga.net](http://www.AbsoluteYoga.net)

**\$15 drop-in or 1 YC. Flex accepted.**

know about upcoming Meetups. Even if you won't be joining us for March, **we recommend registering with the Meetup soon** so you will have all the event updates as soon as they are posted.

**Levels:**

**Tots Yoga** (crawling- 23 mos.) with 1 parent/caregiver.

**Tyke/Little Family** (ages 2- 5 plus siblings) with 1 parent/caregiver.

Find more info, class times and [register online at this link](#).

**Prenatal Yoga: Register for Winter Sessions: 4:30pm and 7:30pm**

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.

Prenatal Yoga is offered at Absolute Yoga, Hopkinton.

**Tuesday session:** 7:30-8:30pm (8-weeks, \$120) starting 1/5 with Jaime

**Wednesday session:** 4:30-5:30pm (7-weeks, \$105) starting 1/13 with Judy

Pre-register online [here](#) or call 508-435-3366.

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 soon!

Alexandra De Collibus, CIBYF

[www.sweetpeayoga.com](http://www.sweetpeayoga.com) / 508-435-3366

[www.AbsoluteYoga.net](http://www.AbsoluteYoga.net)

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