

Sweet Pea Yoga

October Newsletter

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Hello Friends,

We are definitely in the midst of autumn! How fortunate we are to live in an area where we can appreciate the beautiful foliage and crisp weather! Many of us (ahem) might even call this "football weather" for better or worse (depending on your perspective). I hope you are able to take time this fall to breathe in the season and enjoy the colorful trees and mild weather before winter descends.

How exciting that Halloween is just around the corner! What is more festive than costumes and parties and the children's anticipation of Trick-or-Treating? I am looking forward to celebrating this fun holiday with the second annual Sweet Pea Halloween Yoga event! Apparently "haunted" Tree Pose was a hit with the tykes all year long!

Online registration is now available for late-fall Hopkinton classes and Halloween Yoga. To register online for Hopkinton classes you'll want to register through the Absolute Yoga site. Printable registration forms are always available at www.SweetPeaYoga.com

October continues to bring a wealth of fabulous workshops and events around the area. I hope you will have a chance to make it to one or two. I hope you can join us for Parent's Night at the Montessori Children's House or perhaps Moms Night Out at Dream Dinners. I look forward to sharing "Haunted Tree Pose" with you at Halloween Yoga!

Hopkinton Fall 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. Nov. 1 - Dec. 13 (6 wks, no 11/22)

11:15am – Tots Yoga

1:00pm – Tykes/Little Family Yoga

Join us on Thursdays for *Itsy Bitsy Yoga*

Thu. Nov. 2 - Dec. 14 (6 wks, no 11/23)

9:15am – Tykes/Little Family Yoga

10:30am – Baby Yoga

Noon – Tots Yoga (waitlist)

2:30pm – Baby Yoga

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

Expecting / New Parent Workshops

Sarah Kipp-McGowan of **Oh, Baby! Better Baby Basics** will be facilitating a series of workshops this fall at Absolute Yoga. Though these workshops are geared toward expecting/new parents, even experienced 2nd or 3rd time expecting moms will appreciate the baby-wearing and breastfeeding workshops.

"Baby Wearing: To Sling or Not to Sling"

Sun. 10/29, 2pm, \$30, register by 10/27

Versatile, practical, and essential, a sling is a

Halloween Yoga ~ Weekend Event!

Celebrate every kid's favorite holiday with Halloween Yoga special event class in October. Sweet Pea Yoga will be offering **all three levels** (Baby, Tot and Tykes/Little Family) at our **Hopkinton location**. This special 1-time event class is perfect for current students and for people looking to enjoy Baby, Tot or Tykes/Little Family Yoga for the first time. Please, only 1 parent should attend with each child.

Halloween Yoga Saturday, Oct. 21st

12:15pm-1:00pm – Tykes/Little Family

1:30pm-2:30pm – Tots Yoga

3:00pm-4:00pm – Baby Yoga

Find more info, class times and printable registration forms on [SPY website](#)

Join Alexandra for Parent's Night at The Montessori Children's House

This Thursday, October 12th 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

cloth carrier that enables you to keep your baby or young child content while you perform daily activities. You will enjoy carrying your baby without neck, back, or arm strain and the freedom of having both hands free. In this session, you'll learn: how to compare different styles and designs of slings to find the one that fits you best; how to wear a sling and master different positions for carrying your baby; how a sling may actually increase your baby's intelligence! Opportunities to try on slings are included in this session.

Click to [register / pay online](#). **\$30, \$5 for additional partner.** Discounts for enrolled Sweet Pea Yoga students. Call 508-435-3366 for details.

“Breastfeeding: So That’s What They’re For!”

Sunday, Nov. 19, 2-4pm, \$30

To learn more about **Oh, Baby!** and Sarah's Baby Wearing, Breastfeeding and New Parent Workshops, visit

www.ohbabyworks.com

Prenatal Yoga for Expecting Moms

Hopkinton: Absolute Yoga now offers Prenatal Yoga twice weekly! New 7-week Prenatal sessions begin on Tues. Nov. 7th at 7:20pm and Thurs. Nov. 1st at 7:35pm. Tuition (\$105) Pre-register for next session [click here](#) / 508-435-3366

“Yoga for Relaxation” Workshop

Friday, Oct. 27th 6:30pm-9:00pm; \$35
\$30 Sweet Pea Hopkinton students

2½ hours of pure yoga bliss! Relax your body and mind in this effortless restorative retreat. Learn gentle, supine postures to relieve your aching back, soothe tight shoulders and release stiffness in your neck. Take a break from the routine and treat yourself to an evening that will have you floating home... *Bring 3 blankets and 1 pillow.* **Pre-register by 10/25.** Call (508) 435-3366 or click to [register / pay online](#).

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! Starting Tuesday Nov. 7, Absolute Yoga in Hopkinton begins a new 6-week Children’s and Youth Yoga session. Children ages 5-8 years meet 4:00-4:55pm class and Youth Yoga (8-12 years) meets 5:05-6:00pm. 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](#)

discussion at this special evening.

This fall’s Parent’s Night will present an overview of the Montessori curriculum, discuss transitioning into preschool and will talk about the “Practical Life” area of the classroom. After the presentation the staff will separate into 1-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/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. RSVP to [Alexandra](#) by email or call **508-981-3244**

**“Exploring the Issues of Vaccines”
Event at Whole Foods**

Wednesday, Oct. 18th 7:00-8:30p; FREE*


Vaccinations have become a potent emotional issue for many families, doctors and the public. There is much information, and disinformation on this issue circulating and many parents are fearful of how to proceed, and are questioning whether their children are injured as a result of vaccinations. Much of the information available is quite strong and scary, and parents are hard pressed to find sound advice with a more moderate approach. Our goal is to discuss some of the pros and cons of this issue, and to provide resources and suggestions as to how to negotiate these decisions with your own children and pediatricians. Presented by Eileen Power DePaula, M.Ed., Lic.Ac. & Dr. Jennifer Belesi Levy, DC.

***call Whole Foods Bellingham to reserve a spot (508) 966-3331**

“Absolute Peace: A Health & Healing Workshop”

Friday, Oct. 13th 7:00-8:15pm; \$20 adv reg.

Experience how energy healing can open the mind and heart to the power of physical, emotional and spiritual peace. Join Diane Saia for this experiential energy session workshop will introduce meditation to crystal bowl tone as we learn about the power of the energy centers in our bodies, and practice a simple self-healing technique. Please pre-register by 10/11. \$20 advance registration, \$25 drop-in. Call



	(508) 435-3366 or click to register / pay online .
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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 this fall!

Alexandra De Collibus, CIBYF
www.SweetPeaYoga.com / 508-981-3244

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