

Sweet Pea Yoga

November Newsletter

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Hello Friends,

As I write this newsletter, the wind is swirling, the rain is driving in sheets and it is a perfectly blustery fall day. Exciting! I hope you are all snug inside enjoying the weather from a cozy place...

Thank you to everyone who attended Sweet Pea Yoga's 2nd annual Halloween Yoga event. The yoga studio looked like a "yoga barnyard" with all those fabulous cow, chicken and kitty costumes. Moms, Dads and Grammies all got into the spirit of the day and it was a memorable time for all.

Online registration is now available for late-fall Hopkinton classes at Absolute Yoga in Hopkinton. 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

November brings wonderful workshops to make mom or dad feel good—beginner and advanced yoga and Pilates classes. Register early for Dec. 3rd Yoga Nidra workshop which was a hit with SPY parents last time around. So blissful! I hope to see some of you at these fun events!

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 (full)

1:00pm – Tykes/Little Family Yoga (limited space)

Join us on Thursdays for Itsy Bitsy Yoga

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

9:15am – Tykes/Little Family Yoga (full)

10:30am – Baby Yoga

Noon – Tots Yoga (full)

2:30pm – Baby Yoga

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

Marlborough Class Update

As many of you already know, as of Oct. 25 Sweet Pea Yoga will no longer be offering IBY classes at Earthsong Yoga in Marlborough. It has been a joy to have offered classes to so many Earthsong families through the years—first as Helen Garabedian's sub and later, heading up Itsy Bitsy Yoga there. As I've shifted my efforts to the directorship at Absolute Yoga and the expansion of Sweet Pea Yoga in Hopkinton, I have made the difficult decision to discontinue my classes in Marlborough. A heart-felt thank you to Pat Burke--owner of Earthsong Yoga--who has been tremendously supportive of me and my work through the years. Her beautiful studio and wonderful programming has been a

FREE Basic Yoga Class!

Sat. Nov. 4th , 10:30am-11:30am

Basic Yoga is a valuable class for beginners and seasoned yogis alike. Learn the fundamental yoga postures in a relaxing atmosphere. Absolute beginners are welcome. Invite a friend to Absolute Yoga to join you for this FREE Basic class! First come, first served as space permits. Call 508-435-3366 or email info@absoluteyoga.net with questions

FREE* Power Yoga Class!

Wed. Nov. 22, 6:15pm, RSVP req'd.

Align your mind and your body as you head into the Thanksgiving holiday! This is a terrific class for intermediate to advanced yoga students (exp. with Power) looking for a challenge. RSVP by noon 11/21 to join us.

*This class is **FREE** for Absolute Yoga Cardholders, AY session registrants **and currently enrolled Sweet Pea Yoga families!**

Others may pay a \$15 drop-in. (Need 6 RSVPs to run) Call 508-435-3366 or email info@absoluteyoga.net to RSVP.

Prenatal Yoga for Expecting Moms

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

New Mothers' Teas

Bring your baby, newborn to 6 months old, and meet other new moms!

gift to the yoga community for over a decade now. Namasté Pat!

I hope to continue yoga with the wonderful Marlborough-area families on Weds and Thurs in Hopkinton! Thank you all for driving the extra 15-minutes. You might find the plentiful parking and elevator makes it worth the trip!

Expecting / New Parent Workshop

Though these workshops are geared toward expecting/new parents, even experienced 2nd or 3rd time expecting moms will appreciate these helpful workshops.

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

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

We’ve heard it, research supports it, and many women are convinced that breastfeeding is best. So why the need for lactation consultants, classes, books, and support groups? Women once relied on the wisdom and experience of their own mothers, grandmothers, aunts, and sisters to help them establish a successful breastfeeding relationship with their new baby. Join Sarah Kipp-McGowan of "[Oh, Baby! Better Baby Basics](#)" to discuss getting off to a great start, surviving nighttime feedings, finding nursing clothes that work for you, pumping and storing milk, key points for talking with your employer and local community resources.

\$30, \$5 for add'l partner. Pre-registration req'd by 11/18 Discounts for enrolled S.P.Y students. Call 508-435-3366 or click to [register online](#). Learn more about **Oh, Baby! Workshops** visit [www.ohbabyworks.com](#)

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](#)

Moms’ Night Out...coming soon

Check your inbox in the coming weeks for an invite for Moms’ Night Out with Sweet Pea Yoga in mid-Nov and early-December.

Surrounding yourself with people who understand and support you during the first few days, weeks, and months of your baby’s life is essential for your health and wellness as a new mom. Sweet Pea Yoga mom Sarah Kipp-McGowan of “Oh Baby! Better Baby Basics” is pleased to offer New Mothers’ Teas as an opportunity for new moms to meet, socialize, and enjoy healthy refreshments while receiving information and support. New Mothers’ Teas are offered in five-week cycles, with a new topic presented for discussion each week.

All Teas are hosted in Northborough, MA on Fridays from 3:00 - 4:30 PM.

Questions? Call Sarah at 508-439-2896 or email sarah@ohbabyworks.com For info about the upcoming Tea sessions and weekly topics, visit www.ohbabyworks.com. **\$60 for five weeks. Pre-registration required.**

“Yoga Nidra for Stress Relief” Workshop

Saturday, Dec. 2nd 7:00pm; \$20*

A Yoga Nidra (or "yogic sleep") is designed to address the accumulated mental-emotional stress that can be the root of many diseases as stress accumulates over the course of our lives. The practice of Yoga Nidra when integrated into your life, will give you much enhanced vitality & a renewed sense of energy, as stored stress dissolves. The sages of India who developed this practice believe that ***every hour of Yoga Nidra practiced has the rejuvenating equivalent of 4 hours of normal sleep.***

Taught by Geoff DePaula of [Root and Branch Oriental Medicine](#), Hopkinton.

***\$20 with pre-reg by 11/30; after 11/30 \$25.**

Call (508) 435-3366 or [register / pay online](#).

“Basic Pilates” Workshop

Saturday, Nov 18th 10:30-11:45am \$25**

This workshop is for those who want to begin their Pilates practice or for those who have previously practiced with a video. You will learn what the "core" is, the "fabulous five" abdominal exercises, and the posturing exercises that help you feel tall and lean in your own body. Pilates is a most effective form of exercise for keeping the body strong and toned. Call (508) 435-3366 or click to [register / pay online](#) ****Pre-registration required.**

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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