

Sweet Pea Yoga

October Newsletter

Contents:

Marlborough classes start Tues., Oct. 25th

Franklin classes start Weds, Oct. 26th

Hopkinton classes start Thurs, Nov. 3rd

Halloween Yoga

Montessori Children's House invite, Oct. 6th

Prenatal Yoga

SPY in the News

Moms' Night (3 events)

"The Feminine Side of Acupuncture"

"Yoga for Balance"

Free Yoga Class: Svarroopa

"Fight Flight or Freeze"

Hello Friends,

What an exciting and busy September it has been for all of us! Sweet Pea Yoga classes are in full swing and going strong. What a joy it has been to see so many returning yogis this fall and it has been a treat to have numerous wonderful new families joining the Sweet Pea Yoga community. Thank you to all the moms who managed to slip away for our September Moms Nights in Franklin and Hopkinton—what fun to see and learn more about you outside of class.

As the weather turns brisk and drives most activities indoors, I look forward to seeing you in our late-fall yoga classes. Continue reading to learn of other classes of interest, weekend Halloween Yoga, November Moms' Night dates and other terrific class opportunities. Remember to register early for Sweet Pea Yoga classes as certain late-fall classes are already full.

As many of you know, I work in the classroom at Montessori Children's House in Southborough. I regularly receive emails and calls from friends of Sweet Pea Yoga asking about the Montessori approach to learning and how to begin the search for a preschool. I wanted to extend an invitation for those of you who would like to visit a Montessori classroom, see the traditional materials and learn about this century old approach to learning through "experiencing." More details below.

Marlborough classes ~ Tue. 10/25

Join Sweet Pea Yoga in Marlborough for Tuesday classes! Our next 6-week session at Earthsong Yoga begins Tuesday Oct. 25th. Visit [SPY website](#) for class details & registration forms.

Franklin classes start Wed. 10/26

Our next 6-week session begins Wednesday., Oct. 26th at Franklin Yoga & Wellness. Visit [SPY website](#) for details & forms. **Note:** The Baby class time is now starting at Noon

Hopkinton classes start Thu. 11/3

Our Hopkinton classes offers **alternative class** times for the Baby & Tot level classes. Later Tot classes and earlier Baby classes are perfect for families who are working around naps. Our next 6-week session begins Thursday Nov. 3rd at Absolute Yoga. Visit [SPY website](#) for details & reg.forms.

Halloween Yoga ~ Weekend Events offered twice in October!

Celebrate every kid's favorite holiday with Halloween Yoga special event classes in

Sweet Pea Yoga in the News

Did you catch the article about Sweet Pea Yoga last month on www.Whofish.com? Click here to [read](#) and see photos. Stay tuned to whofish.com for the follow-up article next month.

Moms' Night Out (3 Nov. events)

A great perk for the Sweet Pea Yoga community is regular Moms' Night Out events! You do not have to be enrolled in a class to join us for one of these fun events. November brings you 3 Moms' Night Out events to choose from. Specific locations for the events may change so please [email me](#) if you wish to be notified when final details are set. The dates *are* confirmed:
Franklin area Moms Night: Weds, Nov. 9th, 7:30-9pm; location TBA
Marlborough Moms Night: Tues. Nov. 9th 7:30-9pm; Bertucci's, Rte. 20 Marlboro
Hopkinton Moms Night: Thurs. Nov. 17th 7:30-9pm; O'Toole's, Hopkinton

Workshop: "The Feminine Side of Acupuncture & Chinese Medicine"

Saturday, October 15th 1:30- 3pm. Join Eileen DePaula and Monica Shields,

October. This time Sweet Pea Yoga will be offering **all three levels** (Baby, Tot and Tykes/Little Family) at **Hopkinton & Marlborough locations** over 2 weekends in October. These special 1-time event classes are 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.

Marlborough Halloween Yoga:

Saturday, October 15th.

Hopkinton Halloween Yoga:

Sunday, October 23rd (No Pats game this Sunday) Find more info, class times and registration forms on [SPY website](#)

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

Thursday, October 6th at 7pm. Though Parent's Night is primarily for current parents, you are more than welcome to listen in on the discussion on this evening. The fall Parent's Night will present an overview of the Montessori curriculum. 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. (1/2 block off Rte. 9) in the Fayville area of Southborough. RSVP to [Alexandra](#) by email or call **508-981-3244**

Prenatal Yoga for Expecting moms

Hopkinton: Prenatal Yoga at Absolute Yoga has moved to Sundays 6:30-7:30pm. Email/call to join the current session info@absoluteyoga.net / 508-625-1152

Marlborough: Prenatal Yoga is being offered on Thursdays 5:45-7:15pm. To join the current session at Earthsong Yoga contact Helen@itsybitsyyoga.com or call 978-443-8468

acupuncturists at [Root & Branch Oriental Medicine](#) in Hopkinton, as they introduce how acupuncture can be a comfortable and effective way to address many modern day complaints. This workshop will begin with a gentle yoga routine. This workshop will be held at Absolute Yoga in Hopkinton. *Pre-register* at 508-625-1152 or [email](#). \$8 general; \$5 for current Hopkinton Sweet Pea Yoga students.

Workshop: "Yoga for Balance"


Saturday, Oct. 22nd, 1-4 pm, \$30 Learn how to create balance in your practice, promote steadiness of mind, body and emotions! Explore techniques, concepts and asana to assist you in gaining a greater sense of focus and concentration in your daily life. Learn about your own postural characteristics, and gain a new perspective on the concept of "balance". *Pre-register* for Kathy Clark's workshop at Franklin Yoga 508-520-4515

Free Class: Svaroopaa Yoga

Friday, Oct. 14th 6:30-7:15pm; FREE Svaroopaa Yoga is a yoga practice that produces changes in the body by opening up areas of habitual tension and holding, especially in the sacrum, tailbone and low back. It facilitates flexibility by releasing the body into support rather than by exertion with emphasis on skeletal alignment, awareness and breathing. *Pre-register* with Caroline Kutil's class at Earthsong Yoga (Marlborough) at 508-480-8884 or [email](#)

Workshop: "Fight, Flight or Freeze"

Tuesday, Oct. 11th : 7:30 - 8:30 pm, \$15 The "Fight or Flight Response" remains hard wired into our bodies as a biological response to real or imaged threats to our survival. It becomes maladaptive when we fail to recognize it in ourselves and others, and are not able to fully release the reaction pattern physically, mentally, or emotionally. In this workshop you will gain an understanding of why people respond differently under stress, and implications for helping yourself and others. *Pre-register* for Pat Burke's class at Earthsong Yoga (Marlborough) at 508-480-8884 or [email](#)



Franklin: Though Franklin Yoga does not currently offer a specific "Prenatal Yoga" class, the Hatha Yoga classes with Kathy are a nurturing and suitable class for expecting moms. Call Franklin Yoga for details at 508-520-4515

I am eternally grateful for the countless moms and dads who have shared their experiences with friends and neighbors by spreading the word about the IBY classes with Sweet Pea Yoga. I would like also extend a special thank you to the Sweet Pea families who drive from the Rhode Island area, the South Shore and Worcester (and beyond) to join us each week for class—I know it can be a long drive and I am glad to have the opportunity to continue yoga with you and your sweet peas. As always, thank you for your ongoing support of Sweet Pea Yoga classes and I look forward to seeing you in class this fall!

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

If you received this email in error or wish to be removed from the mailing list please accept our apologies! Simply [email](#) & type REMOVE ME in the subject line.