



The Yoga Centre of Burlington
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MOM & BABY YOGA

With Dominique Sy, C.Y.T.



This class will provide a welcoming environment in which mom and baby can do yoga together. Caring for both mom and baby, this series of classes have been specially designed for and will focus on the needs of the postpartum body. It includes asanas (poses), which will help combat fatigue and relieve tension. The classes will also involve and engage the baby.

The class series have been carefully selected for their soothing and gently energizing qualities. Special attention is placed on opening up the chest and shoulders, developing core strength and stability. Emphasis is also placed on strengthening the back, abdomen, and pelvic floor, as well as rebalancing the pelvis. Pranayama (breathing exercises) and restorative poses will nourish your energy and relieve exhaustion. Another focus of the class is engagement with baby. We will practice short baby massages and baby yoga routines that will invigorate or soothe baby (very beneficial for colic/indigestion). Throughout the class, moms will stop to feed, change or soothe baby as it is all part of the practice.

This class is a wonderful opportunity to bond with your baby, cultivate your own yoga practice and make friends with other moms.

Please bring a blanket for your baby and a diaper bag with other necessities.

This session always fills up, in order to reserve your spot please have your payment in as soon as possible.

Full payment is required to secure your spot.

Classes are non-refundable, non-transferable and cannot be carried over.

Sorry no drop-in available.

To register please call the Yoga Centre of Burlington at 905 639-6138 or drop in at
541 Brant Street to sign-up in the office. We now accept

