



generations yoga center™ presents:



baby & mama *yoga* with Sarah

Baby + Mama Yoga classes provide an opportunity for you to regain strength and flexibility, bond with baby and meet other Moms. (And to practice getting out of the house!). The focus of the class is on poses and breathwork specifically tailored for new moms. Special attention is placed on developing Mom's core strength and stability: the abdomen, back and pelvic floor, as well as relieving tension in the neck, shoulders and back.

New Day!
Saturdays
10:30 –
11:30 am

Previous yoga experience is not necessary; women who have practiced yoga before will find these classes a great transition back to their pre-pregnancy practice.

Babies aged 6 weeks up to new walkers are welcome. Moms are invited first to meet the needs of Baby, then to participate in class; breastfeeding and diaper-changing are welcome!

location: Generations Yoga
1231 Green Bay Rd
Wilmette, IL 60091

contact: **(847) 919-0533**
genyoga.com

cost: \$15 drop-in



redbirdyoga.net

find out more about Sarah at...