



YOGA FOR THE CHILDBEARING YEARS

Class Schedule

Winter 2010

January 1 – March 31

3421 Hawthorne Avenue

Richmond, VA 23222

804-612-6366

info@OmMama.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Itsy Bitsy Tykes * 9:30 – 10:15 am Candy Beers 1/12 – 2/9 2/23 – 3/23	Itsy Bitsy Tots 9:30 – 10:30 am Candy Beers 1/13 – 2/10 2/24 – 3/24			Itsy Bitsy Tots 9:30 – 10:30 am 1/16 – 2/13 Itsy Bitsy Yoga Tykes 9:30 – 10:15 am 2/27 – 3/27	
	Baby & Me Pilates 10:30 – 11:45 am Candy Beers	Itsy Bitsy Babies 10:45 – 11:45 am Candy Beers 1/13 – 2/10 2/24 – 3/24	Baby & Me Yoga 10:30 – 11:45 am Leslie Lytle	Prenatal Yoga 9:30 – 11:00 am Leslie Lytle	Baby & Me Pilates 10:45 – 12:00 pm Candy Beers	
	Hatha Yoga 4:30 – 5:45 pm Leslie Lytle				Prenatal Yoga 10:30 – 12:00 pm Melissa Calkins	
	Prenatal Yoga 6:15 – 7:45 pm Leslie Lytle		Prenatal Yoga 5:30 – 7:00 pm Leslie Lytle			Conscious Birthing for Couples • 1:30 – 5:30 pm Leslie Lytle 1/10, 3/21
Birth Talk 6:30 – 8:30 pm 3 rd Mondays Facilitator: Jennifer Kyzer 804-440-2498		Expecting the Best Childbirth Prep Feb 17 – March 24 Mary Toombs	Expert Speakers Series 7:15 – 8:15 1/21 Tina Shiver: Nutrition for the Childbearing Year			

* Pre-registration required for this class.

[On-line registration](http://www.OmMama.com) available for all classes. All classes are ongoing unless otherwise noted. Please visit www.OmMama.com for more information.