



Mom and Baby *Yoga*

■ About

Come join this (12) session class that gives moms the opportunity to bond with their baby and each other both physically and spiritually!

This class will weave together Viniyoga, Iyengar Yoga and Mat Pilates followed by restorative meditative poses.

This class will help you strike the balance of taking care of yourself and taking care of your baby, and it will be greatly rewarding to connect with friends!

- All fitness levels are welcome!
- Babies ages 2 months—18 months old.

■ Details

Days: Tuesdays and Thursdays
Dates: Sept. 19th—Oct. 26th—12 sessions
Time: 12:00 pm—12:45 pm
Cost: NYA Members- \$150.00
Non-Members- \$180.00

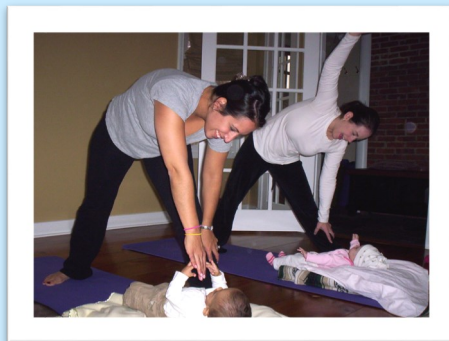
Location: NYA Sports & Fitness

Instructor: Aimee Seman

Certified Yoga Instructor. Aimee teaches all traditions-styles of Yoga. (Anusara, Kripalu, Sivananda, Baptiste, Shiva Rae, Bikram, Iyengar and Pranakriya Yoga). She has certified over (30) Yoga instructors during the course of her career.

■ Sign up today—

[Click Here to Register](#)



4 Primrose Street, Located in Fairfield Hills Campus
Newtown, CT 06470 (203) 426-0088 ext. 111
www.nyasportsfitness.com