



# Om Shala for Mamas and Babies

858 10th Street | Arcata | 707-825-YOGA  
www.omshalayoga.com

## ONGOING CLASSES

\$15

Wednesdays Prenatal Yoga 5:40-6:55pm  
Discounted Pass Options Available

## POSTPARTUM YOGA SERIES

\$75

Six Wednesdays Jan 17-Feb 21 2:00-3:15pm

## MEET THE DOULAS

FREE

Friday January 19 6:30-8pm

## YOGA & MASSAGE FOR CHILDBIRTH

\$30/COUPLE

Sunday February 18 3:30-5pm  
Sunday April 15 3:30-5pm

## PRENATAL YOGA ON THE BALL

\$15

Sunday April 29 3:00-4:15pm

## INFANT MASSAGE SERIES

\$75

Five Sundays Feb 4-March 4 1:30-2:45pm

## RELAXATION & VISUALIZATION FOR BIRTH

\$15

Sunday January 14 3:00-4:30pm  
Sunday March 18 3:00-4:30pm

## MINDFUL PREPARATION FOR BIRTH

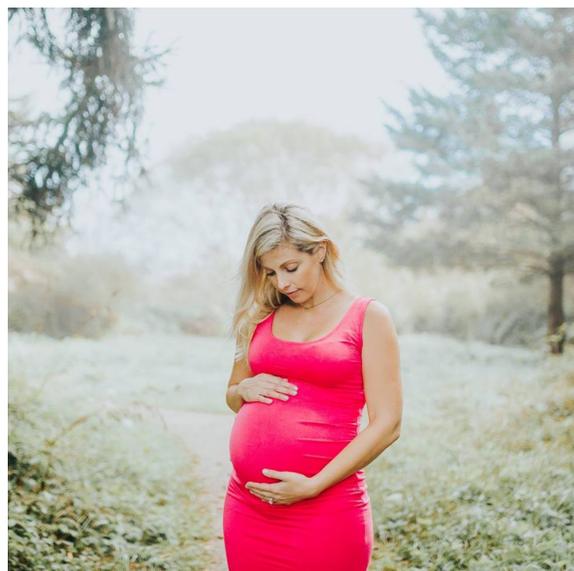
\$20/COUPLE

Please contact Jodie for scheduling information

See reverse side for class descriptions

No yoga experience is required. Must pre-register by day before event with the exception of ongoing prenatal classes.

Scholarships available based on need. Please feel free to contact Jodie directly at [livelyouryoga@yahoo.com](mailto:livelyouryoga@yahoo.com) or 707-616-0930 with questions



### ABOUT THE PROGRAM COORDINATOR: JODIE DIMINNO

Jodie is a 500-hour certified Kripalu Yoga instructor & Doula. She specializes in prenatal and restorative yoga, offering her knowledge and support to pregnant women and their families so that they may experience pregnancy and birth as magical and deeply transformative events. It is one of Jodie's greatest joys to share with her students the deep sense of peace and grace she finds through the practice of yoga.



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## Class Information

858 10th Street | Arcata | 707-825-YOGA

[www.omshalayoga.com](http://www.omshalayoga.com)

### PRENATAL YOGA (ONGOING)

This gentle and deep class uses breath sound, and movement to maintain comfort and health during pregnancy, labor and birth. Skills and approaches learned through the focused practice of yoga will help prepare your body, mind and spirit to welcome your baby into the world

### POSTPARTUM YOGA SERIES

This class is for mothers at least 6 weeks postpartum and their pre-crawling babies. The class will consist of breath, simple yoga postures and restorative poses, as well as stretches, songs and movements to engage your baby. Please bring your favorite baby-wearing device.

### MEET THE DOULAS

This is an opportunity for expectant families in Humboldt County to meet local doulas and hear about the services they offer to guide and support you through pregnancy and birth. Formal introductions will be followed by a Q&A session

### YOGA FOR CHILDBIRTH

In this workshop you will learn breathing practices, partner yoga, and basic massage techniques that can help ease discomfort during pregnancy and labor. Your partner will be encouraged and empowered to take an active role during your birthing process

### PRENATAL YOGA ON THE BALL

The birth ball (also known as an exercise or fitness ball) is a great comfort and fitness tool for women to use during pregnancy, labor, and birth and the postpartum period. Please bring your own ball to class.

### INFANT MASSAGE SERIES

This class teaches parents and caregivers simple massage techniques to help encourage bonding through nurturing touch. Other benefits include increased parent confidence, clearer communication with baby, and better sleep for everyone! Older siblings and other family member are invited to attend.

### RELAXATION & VISUALIZATION FOR BIRTH

Simple supported poses, gentle breathwork, and guided visualization will help prepare you for a peaceful birth. This class is appropriate for all phases of pregnancy including women whose activity has been restricted. Birth partners are welcome to attend

### MINDFUL PREPARATION FOR CHILDBIRTH

In this informative workshop, explore the stages of labor while practicing yoga in a fun and supportive environment! Experiment with various movements and postures that may be helpful in coping with discomfort and keep labor moving along smoothly. A portion of the class will be dedicated to helping you create a birth plan with plenty of time for questions. Birth partners and Doulas are encouraged to attend.