

ONGOING CLASSES

Wednesdays Prenatal Yoga 5:40-6:55pm

\$15

POSTPARTUM YOGA SERIES

Six Wednesdays May 16-June 20 2:00-3:15pm

\$75

MEET THE DOULAS

Friday May 25 and Aug 27 6:30-8:00pm

FREE

YOGA & MASSAGE FOR CHILDBIRTH

Sunday May 27 3:00-4:30pm

Sunday July 29 3:00-4:30pm

\$30/COUPLE

PRENATAL YOGA ON THE BALL

Sunday June 24 & Aug 26 3:00-4:15pm

\$15

INTRODUCTION TO INFANT MASSAGE

Sunday June 17 3:00-4:30pm

\$20

RELAXATION & VISUALIZATION FOR BIRTH

Sunday June 3 3:00-4:30pm

Sunday August 5 3:00-4:30pm

\$15

MINDFUL PREPARATION FOR BIRTH

Please contact Jodie for scheduling information

\$20/COUPLE

MAMMALOGUES: MAY 11 7:30-9:30PM

FREE!

Mamalogues: Stories of Birth is an honest, heartfelt presentation of true birth stories told by women in our community.

COMMUNITY BLESSINGWAY: JULY 21

FREE!

Let's gather to honor, celebrate, and love the mothers to be in our community! All are welcome to attend. Several local birth professionals will be in attendance offering resources to pregnant families.



ABOUT THE PROGRAM COORDINATOR: JODIE DIMINNO

Jodie is a 500-hour certified Kripalu Yoga instructor, Massage Therapist & 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.

*PRENATAL MASSAGE IS ALSO AVAILABLE,
CONTACT JODIE TO SCHEDULE YOUR SESSION*

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 or 707-616-0930 with questions



Om Shala for Mamas and Babies

Class Information

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

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.