

SPECIAL EVENT



# Itsy Bitsy Yoga® With Jeana Pietrus

6-week series: Sundays, April 20 - June 8 (No Class on Memorial Day, May 25)  
\$90 if registered by April 17, \$100 thereafter

- \* Baby Itsy Bitsy Yoga® from 12:45 - 1:45pm
- \* Tot Itsy Bitsy Yoga® from 10:45 - 11:30am
- \* Tyke Itsy Bitsy Yoga® from 9:15 - 10:00am

Itsy Bitsy Yoga is a loving, child-centered program that helps parents better understand their young children's physical development, needs and abilities through yoga.

Babies as young as 3 weeks and children as old as 4 years can enjoy the structured one-on-one interaction Itsy Bitsy Yoga provides them and their parents. Parents gain a variety of calming techniques, healthy activities, and supportive friendships through Itsy Bitsy Yoga. There are nearly 125 yogic and developmentally-sound activities created by Helen Garabedian, developmental movement expert and founder of Itsy Bitsy Yoga, to enhance the lives of new families. Bloom instructor Jeana Pietrus guides you and your little one through these fun and effective techniques.

With or without prior yoga experience, you will learn Itsy Bitsy Yoga poses and techniques that:

- Help your baby sleep better
- Improve your baby's digestion
- Engage your child through IBY's SING and DO technique
- Promote parent and child bonding in a relaxed environment
- Calm a fussy or crying baby almost immediately utilizing IBY's MAGIC POSES

#### Baby Itsy Bitsy Yoga®

Sundays from 12:45-1:45pm

Ages: 3 weeks to 10 months + parent or caregiver

Itsy Bitsy Yoga is a calming and nurturing yoga practice full of ways to enhance bonding and make babies happier and more comfortable in their bodies. During Baby IBY class, the baby is mostly lying on his/her tummy, back, or in a parent's arms. For parents, this class gives the special time necessary to bond with and learn about your baby's emerging personality. Most of the yoga we do in Itsy Bitsy Yoga is for the child, but you will learn breathing and relaxation techniques as well as practice some yoga for yourself. (No yoga experience required.)

#### Tot Itsy Bitsy Yoga®

Sundays from 10:45-11:30am

Ages: 10 months to 24 months + parent or caregiver

A fun-loving, supportive, and active yoga practice filled with dozens of Itsy Bitsy Yoga poses just for tots. Continue bonding with your child as you help them feel comfortable in their moving body, develop self-confidence, and encourage their creative spirit. Experience the shared joy as tots move into yoga poses on their own.

#### Tyke Itsy Bitsy Yoga®

Sundays from 9:15-10am

Ages: 24 months to 4 years old + parent or caregiver

Tykes Itsy Bitsy Yoga offers a fascinating flow of poses, songs, stories, and games through which parent and child can deepen their bond. This age-appropriate 45 minute class helps Tykes and their parents discover and enhance their physical and social development. Tykes Itsy Bitsy Yoga is good for building a child's foundation for a healthy and fit lifestyle, and it's so much fun! Tykes often light up with happiness when they arrive at class

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/reg.html>

### APRIL ITSY BITSY YOGA REGISTRATION FORM

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/ZIP \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Choose an Age Group:

- \* Baby Itsy Bitsy Yoga
- \* Tot Itsy Bitsy Yoga
- \* Tyke Itsy Bitsy Yoga

|                   |                                      |
|-------------------|--------------------------------------|
| METHOD OF PAYMENT | <input type="checkbox"/> Cash        |
|                   | <input type="checkbox"/> Check       |
|                   | <input type="checkbox"/> Credit Card |
| VISA, MC, or AMEX |                                      |

**Bloom Cancellation Policies:** Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

Amount \_\_\_\_\_  
 Name on Card \_\_\_\_\_  
 Credit Card # \_\_\_\_\_  
 Expiration date \_\_\_\_\_  
 Signature \_\_\_\_\_

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for information about classes, workshops & more!