



YOGA FOR THE CHILDBEARING YEARS

## Class Schedule

Summer 2010

July 1 – September 30

3421 Hawthorne Avenue

Richmond, VA 23222

804-612-6366

info@OmMama.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Itsy Bitsy Tots</b> 9:30 – 10:30 am <b>Candy Beers</b> 7/7 – 9/22			<b>Itsy Bitsy Yoga Tots &amp; Tykes</b> 9:30 – 10:30 <b>Candy Beers</b> 7/10 – 9/25	
		<b>Itsy Bitsy Babies</b> 10:45 – 11:45 am <b>Candy Beers</b> 7/7 – 9/22	<b>Baby &amp; Me Yoga</b> 10:30 – 11:45 am <b>Leslie Lytle</b>	<b>Prenatal Yoga</b> 9:30 – 11:00 am <b>Leslie Lytle</b>	<b>Dogs &amp; Babies: Fostering a Happy Pack Pt II*</b> <b>Jennifer Kyzer</b>  9:00 – 10:30 am 7/24	
	<b>Hatha Yoga</b> 4:30 – 5:45 pm <b>Leslie Lytle</b>				<b>Prenatal Yoga</b> 10:30 – 12:00 pm <b>Melissa Calkins</b>	
	<b>Prenatal Yoga</b> 6:15 – 7:45 pm <b>Leslie Lytle</b>		<b>Prenatal Yoga</b> 5:30 – 7:00 pm <b>Leslie Lytle</b>		<b>Baby &amp; Me Pilates</b> 10:45 – 12:00 pm <b>Candy Beers</b>	<b>Conscious Birthing for Couples •</b> 1:30 – 5:30 pm <b>Leslie Lytle</b> 7/18 9/12
<b>Birth Talk</b> 6:30 – 8:30 pm 3 <sup>rd</sup> Mondays Facilitator: <b>Jennifer Kyzer</b> 804-440-2498			<b>Dogs &amp; Babies: Fostering a Happy Pack Pt I*</b> <b>Jennifer Kyzer</b> 6:30 – 7:30 7/22			

\*Pre-registration required for these classes. [On-line registration](#) is available for all classes. Classes are ongoing unless otherwise noted. Some classes have limited enrollment, therefore we highly encourage you to register in advance in order to ensure your spot.

**Closures:** The studio will be closed on **Saturday, July 3<sup>rd</sup>** for the 4<sup>th</sup> of July weekend, and **August 23 – September 6**, for summer holiday.