

MAMA BABY YOGA DANCE

A TIME TO STRETCH, DANCE, PLAY AND DO YOGA IN A WELCOMING COMMUNITY OF PARENTS AND BABIES.

FRIDAY 9:45 – 10:45 AM

FOURTH STREET YOGA
1809 C Fourth Street, Berkeley

crawling babies & toddlers welcome!

All levels are welcome to join in this hour of movement designed to nourish moms (and intrepid dads) and give babies playtime. We'll address specific concerns of mothers, such as strengthening abdominals and dealing with sore low backs and aching neck & shoulders. In the playful semi-controlled chaos of a room full of babies, we'll aspire to learn along with our children to be flexible and open in both body and mind to whatever arises.



TAUGHT BY LISA TAYLOR ASSISTED BY ELISE BREWIN

LISA TAYLOR has been teaching Yoga since 1994. Her yoga classes are a fluid blend of many influences, including her training in art, dance, Pilates, Buddhist meditation, massage, and Rosen Method Bodywork. In addition to public classes, Lisa teaches Yoga and Pilates at the Claremont Resort and Spa and works privately with clients in Oakland. Lisa will be joined by her daughter **NATASHA** who teaches Lisa something new about yoga every day.

ELISE BREWIN has studied and performed various forms of dance since she was three. Elise teaches childbirth preparation classes and is a birth and postpartum doula and baby wearing advisor. Her daughter **HAZEL ROSE** arrived in the world very wiggly, and has evolved those wiggles into yoga and dance moves that she loves sharing.

Helpful hints for your first class: Consider bringing a few toys you and your baby wouldn't mind sharing, and a sling or baby carrier if you have one. And, please leave strollers behind. The studio is on the second floor, stair access only.

Questions: yoga@lisataylor.org
Series \$120/8 classes Drop-ins \$17