

| Class Description | Instructor | Price |
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| <p>Prenatal Yoga</p> <p>Prenatal yoga is a holistic approach to help with a smooth pregnancy and prepare for childbirth. It can help with the physical and mental development of the fetus throughout your pregnancy. <i>Classes are offered from the end of the first trimester until end of term and require medical clearance.</i></p> | <p>Dolly Lai, Certified Yoga Instructor (NB)</p> <p>Shivani Hiralal, Certified Yoga Instructor (IRV)</p> | <p>Price: \$20 per class or 10 class package for \$150</p> |
| <p>Mindfulness Workshop for Pregnant or New Moms</p> <p>Meditation and mindfulness practices help foster an inner shift from the struggles and stresses of our daily lives while pregnant or after delivering, to exploring calmness and peace from within.</p> | <p>Anusha Wijeyakumar, MA, Wellness Coach</p> | <p>Free</p> |
| <p>Mommy N' Me Yoga</p> <p>Yoga can help you adjust to the physical and emotional demands of motherhood. The postures help restore alignment and tone, strengthen the pelvic floor and allow the upper back and shoulders to stretch and relax, providing relief from lifting, carrying, and nursing. <i>The class is designed for new moms and babies six weeks old to crawling.</i></p> | <p>Dolly Lai, Certified Yoga Instructor</p> | <p>Price: \$20 per class or 10 class package for \$150</p> |
| <p>Hoag Support Group for New Moms</p> <p>This free weekly support group provides a safe setting for women experiencing the baby blues or postpartum depression to talk openly about their experiences, focus on positive coping skills and receive support and education.</p> | <p>Licensed Therapist</p> | <p>Free</p> |
| <p>Mindful Mondays</p> <p>Start your week by practicing the tools of meditation, mindfulness and breathing exercises. Inner peace, joy and improved focus can result from practicing mindfulness and living in the present moment. Through mindfulness techniques including proper breathwork and guided imagery meditation you will learn how to manage stress and bring a sense of calm and peace to your life.</p> | <p>Shivani Hiralal, Certified Yoga Instructor</p> | <p>Price: \$15 per class or 10 class package for \$100</p> |
| <p>Wellness Mat Pilates</p> <p>Join us to strengthen your core, tone hips and thighs, and flatten abs. This full body mat workout is the perfect blend of muscle conditioning, stretching, and balance training.</p> | <p>Sammy Bello, MPH, Certified Pilates Instructor</p> | <p>Price: \$20 per class or 10 class package for \$150</p> |
| <p>Hatha Vinyasa Flow Yoga</p> <p>This class will help get your body moving with your breath, while concentrating on physical and mental well-being through a balanced flow of postures to get your heart pumping and body warmed up.</p> | <p>Shivani Hiralal, Certified Yoga Instructor</p> | <p>Price: \$15 per class or 10 class package for \$100</p> |
| <p>Gentle Yoga</p> <p>Yoga taught in a way that makes everyone feel welcome and supported. A gentle exercise to help the body-mind rewind and recharge.</p> | <p>Milka Gronlund, PhD, PsyD, Certified Yoga, Pilates, Fitness Instructor</p> | <p>Price: \$15 per class or 10 class package for \$100</p> |
| <p>Tai Chi</p> <p>Tai Chi is a slow moving Chinese martial art that is gentle and good for body, mind and spirit. Chi (of Qi) Gong is a healing form of exercise from Chinese tradition that helps with the overall health of body mind spirit.</p> | <p>Milka Gronlund, PhD, PsyD, Certified Yoga, Pilates, Fitness Instructor</p> | <p>Price: \$15 per class or 10 class package for \$100</p> |
| <p>PiYo</p> <p>Join this class that offers a calming yet energizing blend of yoga and Pilates. Pilates will help strengthen your core and help you develop a good posture. Yoga will help you feel rejuvenated after class.</p> | <p>Milka Gronlund, PhD, PsyD, Certified Yoga, Pilates, Fitness Instructor</p> | <p>Price: \$15 per class or 10 class package for \$100</p> |