

## Dear Parents and Parents to Be!

### Welcome to warmer weather and new beginnings and our first newsletter!

As our **Prenatal and Postnatal Programs** continue to grow here at Tranquil Space, we hope to continue to meet your needs and nurture a supportive yoga community for parents and parents-to-be in NW DC. Pregnancy, giving birth and being parents to a newborn are life-transforming events! Your strength, your commitment to yoga, and your wisdom in reaching out to others for support encourage us. Our **mission** is to nurture you as you move through this joyful and challenging time in your lives. We hope that this newsletter can be both a helpful and informative resource for you as well as a way to keep in touch with your yoga community here at Tranquil Space.

### New Babies!

\*\* **Molly** Elizabeth Sant was born to Chrissie Sant on March 25<sup>th</sup> 9:05 am -- 10 lbs. Chrissie did not need any medication!

\*\* **Miles** born to Colleen Bertrand on March 27<sup>th</sup>.

\*\* **Megan** Raggio Cover was born on to Julie Raggio on April 18<sup>th</sup> at 5:47 am (Julie was still in class on Saturday, April 17 at noon...), weighing in at 5 pounds 11 ounces

All were regular students in our prenatal class and we are happy for them that they "graduated"!!

### Events at the studio for Parents

\*\* Tuesday Baby and Me Class (geared toward newborns) 1:30 - 2:45 pm  
This class is a beginner's yoga class with newborns as well as a few crawlers.  
\*\* Thursday Baby and Me Class (geared toward crawlers) 12:00 – 1:15 pm  
This class is an intermediate yoga class with crawlers as well as a few newborns.

**Beginning in June: \$ 54.00 for a 4-class pass. \$98.00 for an 8 class pass. You may use this pass for the Tuesday or the Thursday class. Drop-ins are always welcome, for \$16 per class.**

## Events at the studio for Parents To-Be

\*\* Ongoing classes Saturday 12:15 pm and Wednesday 12:00 pm (1 hour)

## Around Town

### **Things to do around town for parents of an infant~**

\*\* Swimming at the JCC  
16th and Q Streets NW  
Classes for moms and babies  
Sundays and Wednesdays 11-11:30 am  
Free Swims on Saturday

\*\* Reel Moms  
Georgetown Lowes Theater  
Babies and moms at the movie theater!  
Tuesdays at 11 am

\*\* West End Library  
L and 24th NW  
There is a Children's corner at the Library as well as a personable Librarian named April.

## Closing Thoughts

### **Some words of encouragement for Moms attending the Baby and Me Yoga classes~**

New moms are sometimes hesitant in bringing their babies to a class. They are unsure of what their baby's schedule or mood will be. My daughter Sophia who is now 9 months old has been attending these classes as "my helper" since she was 10 weeks old. There are challenging moments as well as fun and joyful moments! It is my feeling that becoming a new parent involves a lot of letting go of expectations of our children. Learning how to be comfortable with Sophia in a public space began with our visits to the yoga studio. Being with her in public (or at home for that matter!) in a non-judgmental, empathetic, and accepting way always involves intention on my part, especially during the fussy, tired and hungry moments. It is this intention ~to be present and nurturing~ that I try to encourage with new moms at Tranquil Space. We are all in the same boat. Sometimes we know what our babies need and sometimes we don't! By practicing some mindful yoga perhaps we can grow a little closer to understanding our children's needs as well as our own.

## Some words of encouragement for Pregnant Moms ~

Letting go of expectations and being open to the present. Carol's reminder for new moms is a reminder that we can't start early enough practicing to do so on the journey to parenthood. During pregnancy, many of you inform yourself about labor and childbirth, hospitals, doctors and midwives, childbirth education and yoga classes. And yet, it is hard to predict what the actual experience will be like, even if you have made your choices, formed your opinions. Some moms-to-be have the deep desire for a natural birth – but then find out that the pain is more than they can bear and that without an epidural, they will not be able to carry on. In other cases, a pregnant woman is in big fear of pain and convinced she will need some form of medication with her first contraction, but then has a natural childbirth without medication. So, while you prepare yourself for labor and childbirth, keep in mind that you just don't know yet and that the best preparation is to stay open to the present and to learn to follow your intuitive powers and your body wisdom and let them guide you in everything!

### Feedback!

Give us some feedback: Are you interested in being part of a yahoo group? This would be a group e-mail list where we would exchange ideas with one another, ask one another questions, share birthing stories, baby pictures, and offer advice on questions asked. Only yogis who have attended our Tranquil Space Studio would be a part of the list, and we would stick to subjects pertinent to becoming/being a parent in the city.

Finally: We would welcome your feedback and input as we create this newsletter. Which sections do you like – which do you not like? Which ones should we add?

Please email [prenatalprogram@tranquilpace.com](mailto:prenatalprogram@tranquilpace.com) or [postnatalprogram@tranquilpace.com](mailto:postnatalprogram@tranquilpace.com) with your thoughts!

