

Dear Parents and Parents to Be~

We hope you are staying as cool as possible in this humid summer heat that is the trademark of our beloved city. Our Prenatal and Postnatal Programs continue to grow here at Tranquil Space and this is the second newsletter we've put out in an effort to become and stay more connected with you. Enjoy!

Congratulations to the graduates from our prenatal classes!

Rachel White welcomed her son Henry Benjamin Meisner into the world June 9th!
Allyson Gardner's new baby girl Hadja Dansako arrived on June 3rd!
Fran Monks and Stella Harford have been coming to Baby and Me Class 3 weeks after Stella was born May 13!

Resources for Parents of Infants and Toddlers~

Local Resources for Mamas and Kids:

Some Baby/Kid Friendly Parks in Dupont/Logan Circle area:

- Montrose Park, Georgetown 3200 of R street NW
- Westminster Park, between 9th and 10th/R and S streets NW **Highly recommended by Carol!
- Kennedy Playground and Recreation Center 7th and P streets NW
- Stead Park, 1600 block of P street NW

Parks are a great way to get outdoors with your baby, exercise with a stroll, and meet other moms and kids!

- Levine School of Music: Music classes for infants and toddlers at various locations in DC. Visit www.levineschool.org

Web sites for Hot Mamas!

We found the following web sites interesting and inspiring. Let us know if you know of similar or other resources that you would like to share!

- * <http://www.shefinds.com/maternity.htm>:
Learn about the fashions to celebrate the forty week journey into motherhood!
- * <http://www.metropolitanmoms.com>:
Be inspired by what entrepreneur Molly Snyder did for moms in NYC
- * <http://www.shesheme.com/>:
Check out the "New Mom Chic" section. Find out how to take good care of yourself in the first months of motherhood!

Some words of encouragement for Moms and Moms to Be

From Carol Collins

I recently read an article about "Mindful Parenting" By Stephanie Renfrow Hamilton in the Yoga Journal Newsletter and it reminded me of how important yoga has become for me. Yoga has become my spiritual practice, and I feel the need now more than ever before to use it to guide me through parenthood. There are so many doubts and worries I have as a mom. Some moms have shared with me how they feel so responsible for their child's nutrition and eating habits, others are concerned about their child's will clashing with their own. For me, I am concerned about providing Sophia with a sense of self-confidence. Will I be able to show her how much love I have for her? Am I able to authentically assure her and encourage her enough so that she will love herself? I suppose our concerns as parents probably have much to do with what we feel we were lacking as children. But that's another issue altogether.

Hamilton has some advice: "The trick is to stay in that recognition of mutual divinity, to stay in namaste during all our dealings, especially those involving our children. For, in our impatience with our kids, we sometimes forget our shared connection to the infinite. And in our fear of losing our children—to independence, peer pressure, death, disorder, or despair—we may hold onto them too tightly. At times the childrearing path seems impossibly narrow. That is, until we actually walk it and experience just how vast it is."

Yoga encourages honoring the divine in others. When repeating "Namaste" in class, I like to think about all of the sovereign souls that fill the room: moms, babies, and, of course, my daughter. Maybe if I continue honoring her soul on a regular basis, inside and outside of class, I can become the mom I'd like to be.

From Anne Thiel

I recently rented a piano. On a visit to a friend's house I had seen a piano and had been inspired to pick up playing again. So, a few days later I went out to a piano store and decided to first rent one for 6 months so that I could test whether I would be motivated enough to play again. I was very excited. But when I came back home after signing the rental agreements and entered my rather small efficiency, I became very nervous. I wondered whether I would be able to make enough room for this new piece or if it would fill the entire room completely, making it look crowded and making me feel confined in my own four walls. Yet, the deal was done.

On the morning the piano was supposed to arrive, I rearranged the furniture and was surprised to see how easy it was to make space for the piano and also how much better the new furniture arrangement worked for me.

That night when I came home, I was even more surprised to see that while the piano was not small, it also made the room look very lived-in and the reddish-brown wood radiated a beautiful warmth and sense of home. And how much joy have I gotten from the times I have sat down and played! Since then, there has not been a single moment that I have regretted renting the piano.

Why am I telling you this story? As I made the decision to make room for something new in my life, so have you. You have decided to give life to a new human being, to invite a new soul into the world and into your life. I am sure there are times when you, too, get a little nervous about this, when you wonder how this will fit into your life, whether there will be enough "room" (time, space) for it. And yet, now you cannot go back. So, take heart and look forward. You have already begun to make room for this new human being in your body, and while I am sure that there are times when this has caused you some discomfort and inconvenience, I am sure you

have also already been greatly enriched by the experience. It will continue to be that way. There will be challenging times when you wonder how to live with this new human being, how to “fit it in” – but I am confident that the joys of all the things to come will by far outweigh these concerns.

Pose of the Month for Prenatal and Postnatal Yoga~

Tranquil Space’s asana of the month is double-pigeon. It is a deep hip opener and therefore a wonderful pose to practice during your pregnancy, and as a new mom. Opening the hips can help relax the mind and body into acceptance: acceptance of new roles and new relationships.

Events at Tranquil Space for Parents~

Baby and Us: Saturday July 24th, 2-4 pm

Ask your partner to join you and your baby in a 2-hour yoga practice! Nourish your souls and have some fun as a family!! Practice yoga postures to relax you and relieve neck and back discomfort. Yogic breathing, meditation, and poses that focus on core strengthening will be emphasized. You and your partner will have the chance to do partner yoga and massage, as well as being there for each other to tend to your baby while one of you flows through some vinyasa yoga! A full 15 minutes of aromatherapy, massage, and meditation will conclude our practice. Bring your baby, your partner, and an open heart!

(We will be happy to match you with a partner as well!)

Baby and Me Class (geared toward newborns): Tuesdays, 1:30 - 2:45 pm

Class passes available. See www.tranquilpace.com for details. Drop-in for \$16.00 per class

Baby and Me Class (geared towards crawlers and walkers): Thursdays, 12:00 - 1:15 pm

Class passes available. See www.tranquilpace.com for details. Drop-in for \$16.00 per class

Events at Tranquil Space for Parents to Be~

Prenatal Classes: Wednesdays, 12:00 - 1:00 pm and Saturdays, 12:15 - 1:30 pm

Class passes available. See www.tranquilpace.com for details. Drop-in for \$16.00 per class

Prenatal Workshop: Sunday, October 10, 12:00 - 2:00 pm

Please join Anne Thiel (link to bio) for a prenatal workshop to explore yoga as a wonderful tool of support during your pregnancy, as well as in preparation for labor and childbirth and your life as a parent. The workshop will include discussion, asana practice, coupled with meditation and breathing and is designed for pregnant women with or without yoga experience, as well as their partners.

Get Published on the Tranquil Space Website!

Contact us to include a picture of your baby or toddler on our Yoga Babies page! Send a picture with your and your baby's name to prenatalprogram@tranquilspace.com or to postnatalprogram@tranquilspace.com

We Are Starting Our Yahoo-Group!

Contact us to be included on our group list. The list is intended to exchange all kinds of information you have to share as well as information you may be seeking. Resources and events for parents and parents-to-be, tips, advice, support ... you name it. Write to prenatalprogram@tranquilspace.com or to postnatalprogram@tranquilspace.com to become part of this list. Mention "Yahoo-Group" in the subject heading!

Baby Shower/Yoga Parties!

Looking for a special idea for your baby shower? We are now offering yoga party baby showers. Contact prenatalprorgam@tranquilspace.com or yogaoutreach@tranquilspace.com to find out more or to arrange one.

Feedback!

How can we serve you better? Ideas for classes, events, workshops, the yahoo-group, this newsletter? Let us know by writing to prenatalprogram@tranquilspace.com or to postnatalprogram@tranquilspace.com.

*Namaste,
Anne and Carol*