

Children and Adult Class Schedule

<p>Family Coach</p>	<p>Your family coach will work with you to be an effective parent by helping you gain confidence and security on your parenting journey. Together you will explore and find the ways to provide a home where your family can flourish. This coaching is for all stages of parenting from expecting and new parents to those with teenagers.</p>	<p style="text-align: center;">By Private Session</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$65/1 hour at home Members get 10% off Call 713-963-8880, ext 117</p>
<p>Nanny Coach</p>	<p>We can provide nanny coaching in your home, a natural environment, to teach nannies to understand your child's developmental needs. You will find our education essential in dealing with parenting challenges: Staying Calm Techniques . Tamper Tantrums . Follow through Techniques . Positive Communication . Sleeping Issues . Eating Habits</p>	<p style="text-align: center;">By Private Appointment</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$65/1 hour at home Members get 10% off Call 713-963-8880, ext 117</p>
<p>Grocery Shopping with My Parents <i>Also</i> Going Out to Eat with My Family</p>	<p>Doing any kind of grocery shopping with a child can be a real challenge. If your child can handle the stimulation, grocery shopping can be an interesting outing. There are ways to simplify shopping which can help you get in and out of the store without your child having a meltdown. With proper preparation and a lot of patience, it can be an enjoyable and entertaining experience.</p>	<p style="text-align: center;">By Private Appointment</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$125/1 hour at the grocery store or restaurant of your choice Members get 10% off Call 713-963-8880 ext 117</p>
<p>Potty Training (especially for parents training 18 months - 3 yrs)</p>	<p>Most children show signs of readiness to begin using the toilet as toddlers, usually between 18 months and 3 years of age. Before a child can be "toilet trained", she/he must have attained a certain amount of physiological, physical, and psychological readiness. Discussing using the toilet, reading about it, and watching videos is just as important as the process itself. The more your child understands, the more successful toilet training will be. If you like to learn how to "set the stage", get ready for toilet training join us for our Potty Training Class.</p>	<p style="text-align: center;">Wednesdays 2:00-3:00 pm 03/17/10, 04/07/10, 04/21/10, 05/05/10, 05/19/10, 06/02/10, 06/16/10, 07/07/10, 07/21/10, 08/04/10, 08/18/10, 09/01/10, 09/15/10, 10/06/10, 10/20/10, 11/03/10, 11/17/10, 12/01/10, 12/15/10</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$60/person or \$95/couple. Members get 15% off For group or private session please call 713.963.8880</p>

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<p>Infant Massage</p>	<p>Early psychological and sensory input is essential in facilitating the development of all infants. Benefits for baby include: Improves digestion & reduces irritability associated w/ gas & colic; strengthens baby's immune system & improves circulation; supports good sleep patters; enhances bonding, attachment & loving communication between parents & baby; alternative to drugs for teething & colic; strengthens & tones muscle tissue to prepare baby to crawl & walk, improves brain function by promoting brain cell groth. Improvement for parents: Promotes better understanding of infant cues; increases confidence & handling skills; helps parents unwind & relax; enhances communication & emotional ties; gives dads a special time to conenct & bond. In this hour class taught by Licensed Massage Therapist Brandie Trigger, you will learn the basics for massaging your baby in a 3 part series that is a comfortable pace for you and your baby - a wonderful addition to your bed or bathtime routine.</p>	<p>Thursdays June 10, 17, 24th 10:00-11:00 am July 8th, 15, 22 10:00-11:00am Tuesdays July 27, Aug 3, 10 10:00-11:00 am</p>	<p>sessions are 3 weeks Note: NO CLASS Monday May 31st Memorial Day</p>	<p>Brandie Trigger</p>	<p>\$105/ Class In Home Infant Massage \$125 Members get 15% off For group or private session please call 713.963.8880</p>
<p>Infant, Child & Adult CPR</p>	<p>How to prevent and handle the common childhood emergency of choking, and when to call 911 for assistance. This class is recommended for anyone who will be caring for infants or children.</p>	<p>Mondays 6:00 - 8:00 04/19/10 05/03/10 or 05/17/10 06/07/10 or 06/21/10 07/05/10 or 07/19/10 08/02/10 or 08/16/10 09/06/10 or 09/20/10 10/04/10 or 10/18/10 11/01/10 or 11/15/10 12/06/10 or 12/20/10 Saturdays 1:30 - 3:30 05/01/10 06/05/10 07/10/10 08/07/10 09/04/10 10/02/10 11/06/10 12/04/10</p>	<p>Ongoing one time class</p>	<p>Marian Sage</p>	<p>\$75/person or \$120/couple. Members get 15% off For group or private session please call 713.963.8880</p>
<p>Prenatal Music</p>	<p>Experience a bond with your unborn child through the joy and marvel of music. Babies can hear as early as 15 weeks after conception. Their senses are stimulated through sound and rhythm. The classes meet once a week for five weeks. Expectant mom and dad are welcomed to connect with their baby by singing songs and playing simple instruments. Early communication will help the unborn child recognize mom and dad's voice at birth.</p>	<p>Mondays 6:00 - 6:45 PM April 19, 26, May 3, 12, & 17</p>	<p>5 Week Sessions</p>	<p>Ana Trevino-Godfrey</p>	<p>\$120/couple. For group or private session please call 713.963.8880</p>

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<p>Prepared Childbirth</p>	<p>The focus is on breathing, relaxation and delivery, reducing the fears and resulting in decreased tension and pain. This class will prepare the expectant mom and her partner with everything she will need before going to the hospital. Topics covered include your personal labor plan and different options you have. Physiology and mechanics of the three stages of labor will be emphasized.</p>	<p>Saturdays 1:30-6:30pm</p> <p>05/08/10 06/12/10 07/10/10 08/14/10 09/11/10 10/09/10 11/13/10 12/11/10</p>	<p>Ongoing one time class</p>	<p>Ursela</p>	<p>\$190/couple or \$395/Private Sessions Members get 15% off For group or private session call 713-963-8880</p>
<p>Prepared Childbirth Module</p>	<p>These are the same as our regular Childbirth Classes except they are held over the course of two weeks, once a week. The focus is on breathing, relaxation and delivery, reducing the fears and resulting in decreased tension and pain. This class will prepare the expectant mom and her partner with everything she will need before going to the hospital. Topics covered include your personal labor plan and different options you have. Physiology and mechanics of the three stages of labor will be emphasized</p>	<p>Tuesdays 5:30-8:00</p> <p>05/11 & 05/18/10 07/13 & 07/20/10 09/14 & 09/21/10 11/09 & 11/16/10</p>	<p>On Going 2 Week Sessions</p>	<p>Ursela</p>	<p>\$190/couple or \$395/Private Sessions Members get 15% off For group or private session call 713-963-8880</p>
<p>Prepared Childbirth Refresher</p>	<p>The focus is on delivery, reducing the fears and resulting in decreased tension and pain. This class will prepare the expectant mom and her partner with everything she will need before going to the hospital. Topics covered include your personal labor plan and different options you have. Physiology and mechanics of the three stages of labor will be emphasized. In this class we do not practice breathing or calming techniques.</p>	<p>Tuesdays 5:30-8:00</p> <p>05/11/10 07/13/10 09/14/10 11/09/10</p>	<p>Ongoing one time class</p>	<p>Ursela</p>	<p>\$75/couple Members get 15% off For Group or Private session call 713-963-8880</p>
<p>C-Section 411</p>	<p>This class is designed to teach couples about the preparation, process and recovery for women who have a C-Section. This class will also help couples become more familiar with medical terminology.</p>	<p>Tuesdays 5:30-8:00</p> <p>05/18/10 07/20/10 09/21/10 11/16/10</p>	<p>Ongoing one time class</p>	<p>Ursela</p>	<p>\$75/couple Members get 15% off For Group or Private session call 713-963-8880</p>
<p>Newborn Care</p>	<p>Topics Include: diapering, bathing, feeding techniques, sleep deprivation, proper hygiene, umbilical cord and circumcision care, calming techniques, bedtime routines and how to help understand your baby's needs and maintain a good relationship.</p>	<p>Mondays Or Saturdays 5:30 - 8:30 1:30 - 4:30 Or</p> <p>04/12/10 04/17/10 05/10/10 05/15/10 06/14/10 06/19/10 07/12/10 07/17/10 08/09/10 08/21/10 10/11/10 09/18/10 11/08/10 10/16/10 12/13/10 11/20/10 12/18/10</p>	<p>Ongoing one time class</p>	<p>Rhonda Meador</p>	<p>\$90/couple or \$270/Private Sessions Members get 15% off For group or private session call 713-963-8880</p>

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<p>Newborn Care - Twins & Multiples</p>	<p>Topics include: diapering, bathing, feeding techniques, sleep deprivation, proper hygiene umbilical cord and circumcision care, calming technique, bedtime routines and how to help understand your babies' needs and maintain a good relationship. All topics will be geared for multiples.</p>	<p>Wednesdays 5:30 - 8:30</p> <p>04/14/10 05/19/10 06/16/10 07/21/10 08/18/10 09/15/10 10/20/10 11/17/10 12/15/10</p>	<p>Ongoing</p>	<p>Rhonda Meador</p>	<p>\$90/couple or \$270/Private Sessions</p> <p>Members get 15% off</p> <p>For group or private session call 713-963-8880</p>
<p>Breastfeeding</p>	<p>Come and gather information and gain knowledge that will help you feel more confident and satisfied with this natural feeding process. You will learn all about proper latch, feeding positions, how to know if your baby is getting enough nourishment, pumping, etc.</p>	<p>Wednesdays Or Saturdays 5:30-8:30 1:30 - 4:30</p> <p>Or</p> <p>05/05/10 05/15/10 06/02/10 06/19/10 07/07/10 07/17/10 08/04/10 08/14/10 09/01/10 09/18/10 10/06/10 10/16/10 11/03/10 11/20/10 12/01/10 12/18/10</p>	<p>Ongoing</p>	<p>Renee Bowling</p>	<p>\$90/couple or \$270/Private Sessions</p> <p>Members get 15% off</p> <p>For Group Session call 713-963-8880</p>

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Children's Classes					
<p>Parent & Infant Montessori</p> <p>Ages: 2 months old, cusp of crawling & mobile infants</p>	<p>A small group of parents and infants will come together as a community once a week in a special Montessori prepared environment along with a Montessori Guide. The children explore an engaging environment designed specifically for their developmental needs, while parents practice supported, mindful observation and interaction. The Guide engages parents in conversations related to different developmental topics, led by the needs of each child and family. Topics of interest include feeding and weaning, self-care and toileting, independence and limits, sleeping issues, cognitive and social development, and language and movement development. The safe and supportive community allows parents to share challenges and insights, celebrations and frustrations.</p>	<p>Wednesdays 9:00a-10:30a Starting July 30th Ending August 11th (No class on July 28th) 6 week Program</p>	<p>8 week session</p> <p>We need at least 6 students for this class to "make", please invite your friends and family to sign up</p>	<p>Claire Yabraian</p>	<p>\$225/ Session \$427/ for 2 children</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>
<p>Words by the Handful - Baby Sign Language (For hearing babies 6 months – 3 years)</p>	<p>Words by the Handful teaches American Sign Language to babies and their families. These classes draw on baby's natural language learning abilities to teach the right signs at the right time. Words by the Handful introduces signs for the key first words your child needs. Reap the many benefits of signing with your precious little one, and delight in the earliest discovery of your child's 'voice.' Includes CD and sign book.</p>	<p>Fridays 10:15 – 10:45</p> <p>Demo May 28th 4 Week Session June 11, 18, 25, July 2 Demo July 23rd 4 week Session July 30, August 6, 13, 20 FALL Demo August 27th Fall - 8 Week Session September 3,10,17, 24, October 1, 8 , 15, 22</p>	<p>Summer - 4 Week session Fall - 8 Week Session</p>	<p>Mimi Brian-Vance</p>	<p>\$99 / 4 week Session \$180/ Fall 8 week Session</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>
<p>Active Alphabet (ages 2-5)</p>	<p>Reinforce your child's ability to learn the alphabet through physical, auditory, and visual stimulation. Designed for the high energy pace of two- to five-year olds, this class keeps kids on the move as they sign and act their way through the alphabet accompanied by visual aids. Just as babies can sign before they can speak, children can learn to spell before they can write. An excellent pre-reading activity, and lots of fun. Moms and dads are encouraged to attend to learn along with their children and help reinforce their child's retention of the alphabet between classes. No previous signing experience necessary.</p>	<p>Fridays 11:00 – 11:45</p> <p>Demo May 28th 4 Week Session June 11, 18, 25, July 2 Demo July 23rd 4 week Session July 30, August 6, 13, 20 FALL Demo August 27th Fall - 8 Week Session September 3,10,17, 24, October 1, 8 , 15, 22</p>	<p>Summer - 4 Week session Fall - 8 Week Session</p>	<p>Mimi Brian-Vance</p>	<p>\$99 / 4 week Session \$180/ Fall 8 week Session</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>
<p>Prelude Music Ages (8 months & younger)</p>	<p>Prelude to Music- features the musical talent of Ana Trevino Godfrey. Ana received her PhD in child development and music from Rice University, she is also trained in opera and her great enthusiasm and genuine love of music and people has been shared with adults and children alike. Give your child an exciting early musical benefit including: language development, ear training, music appreciation, foreign language skills and creativity. Current brain development research proves that early music experience helps children learn faster and focus better. Singing to children is heart warming and developmentally important! Price includes classes, CD, Songbook, parent education night, monthly performance by a professional</p>	<p>Mondays 12:00-12:30pm</p> <p>Saturdays 12:00-12:30pm</p>	<p>6 Week Session starts week of July 19th</p>	<p>Ana Trevino-Godfrey</p>	<p>Add \$10 registration fee for non members</p> <p>\$ 145/session (for siblings)</p> <p>For Group or Private Sessions call 713-963-8880</p>

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<p>Prelude Music Ages (9 months - 6 yrs)</p>	<p>Prelude to Music- features the musical talent of Ana Trevino Godfrey. Ana received her PhD in child development and music from Rice University, she is also trained in opera and her great enthusiasm and genuine love of music and people has been shared with adults and children alike. Give your child an exciting early musical benefit including: language development, ear training, music appreciation, foreign language skills and creativity. Current brain development research proves that early music experience helps children learn faster and focus better. Singing to children is heart warming and developmentally important! Price includes classes, CD, Songbook, parent education night, monthly performance by a professional</p>	<p>Mondays 9:00-9:45 am 10:00-10:45am 11:00-11:45am Tuesdays 9:00-9:45 am 10:45am 11:00-11:45am Wednesdays 9:00-9:45 am 10:00-10:45am 11:00-11:45am Thursdays 10:00-10:45 am 11:00- 11:45am Saturdays 9:00 - 9:45am 10:00-10:45am 11:00-11:45am</p>	<p>10:00- 9:00-9:45 am</p>	<p>6 Week Session starts week of July 19th</p>	<p>Ana Trevino- Godfrey</p> <p>Add \$10 registration fee for non members</p> <p>\$ 145/session (for siblings)</p> <p>For Group or Private Sessions call 713-963-8880</p>
<p>"Hands on" Gardening for Toddlers</p>	<p>When you share your love of gardening with toddlers and small children, you are planting the seeds of a lifelong passion. Toddlers are very open to the new experience of gardening. They are always intrigued by new things. Toddlers are enthralled by worms, bugs and butterflies. Children love mucking with soil – just filling it with water is an adventure. Your toddler will poke holes in the dirt with their little fingers, drop in seeds one by one, and then cover them up and await the arrival of the first sprouts. Come join us in this crafty gardening class to create garden treasures that your little ones will be proud to bring home and add to the nature habitat in your yard, including a bird house, toad house, bird feeders and much more.</p>	<p>Tuesdays 10:00-10:45am 5 or 10 class session dates June 1,8,15,22,29 July 6,13,20,27 August 3,10,17,24,31 Sept 7,14,21,28 Oct 5 12,19,26, Nov 2,9 16,23,30 Dec 7,14</p>	<p>5 or 10 class session dates available</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$140/ 5 week Session \$266/5 week sibling price</p> <p>or</p> <p>\$270/10 week Session \$513/10 week sibling price</p> <p>Prices include art supplies & registration fees</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>

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<p>Toddler Experiential Art (1 1/2 - 3yrs)</p>	<p>Toddler Experiential Art focuses on learning through doing. The way in which art is presented to a toddler will have a direct effect on how a child expresses, explores and develops creatively. From a child's very first scribbling, around one year old, he is learning that he can create. Non toxic play dough, paint, and edible art materials are just a few of the mediums for your toddler to explore; it works to improve fine motor skills and encourages use of imagination. In addition to traditional painting tools we will present a more creative approach by incorporating surprise art materials and unique techniques. Please wear play clothes to these activities; we will get messy but you will be keeping the mess here, and we will help clean-up. Let us know if your child has any food allergies. Toddler Experiential Art will elicit sheer delight from your child.</p>	<p><u>Mondays – 5 Class Session</u> <u>Dates</u> June 7, 14, 21, 28 July 5 July 12, 19, 26, Aug 2, 9 Aug 16, 23, 30 Sept 6, 13 Sept 20, 27, Oct 4, 11, 18 Oct 25, Nov 1, 8, 15, 22</p> <p><u>Thursdays– 5 Class Session</u> <u>Dates</u> June 10, 17, 24 July 1, 8 July 15, 22, 29 Aug 5, 12 Aug 19, 26, Sept 2, 9, 16 Sept 23, 30 Oct 7, 14, 21 Oct 28, Nov 4, 11, 18, 25</p> <p><u>Saturday– 5 Class Session</u> <u>Dates</u> May 22, 29, June 5, 12, 19 June 26, July 3, 10, 17, 24 July 31, Aug 7, 14, 21, 28 Sept 4, 11, 18, 25 Oct 2 Oct 9, 16, 23, 30, Nov 6 Nov 13, 20, 27, Dec 4, 11</p>	<p>Sessions are 5 weeks and can be extended to 10 weeks</p> <p>Note: NO CLASS Monday May 31st Memorial Day</p>	<p>Magdalena Ondrasova, MSW</p>	<p>\$140/ 5 week Session \$266/5 week sibling price</p> <p>or</p> <p>\$270/10 week Session \$513/10 week sibling price</p> <p>Prices include art supplies & registration fees</p> <p>Price for individual class \$35/child \$66/sibling</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>
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Yoga & Fitness					
<p>Mommy Fitness (Bootcamp)</p>	<p>Join our seasoned Fitness Instructor in taking your fitness to a new level with this challenging and fun class designed to boost your metabolism, build lean muscle, improve your posture, and energize your day. This high-energy class combining strength training, aerobic exercise, interval and resistance training concepts is great for all levels of fitness, but especially for those wanting to 'get back in shape' post-pregnancy. Classes are challenging, slightly exhausting and always fun! On-site babysitting is available too, so no excuses!</p>	<p>Mon, Wed, & Fri 9:00 – 9:45a</p> <p>April 26, 28, 30, May 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28, June 2, June 4</p>	<p>6 week sessions = 18 classes</p> <p>NOTE: No class May 31 Memorial Day</p>	<p>Colleen</p>	<p>\$285 = 18 classes</p> <p>Members get 10% off</p> <p>For Group or Private Sessions call 713-963-8880</p>
<p>PRENATAL FITNESS</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>A 60 minute class designed for moms-to-be who desire a full body workout of moderate intensity that includes a mix of: warm up, toning and sculpting with light to medium weights, aerobic activity, stretching, and circuit training, stability ball exercises, and combined exercises. Designed to provide a cardio workout, in addition to maintaining and increasing overall muscle tone by working all major muscle groups. All movements and activities can be modified to meet varying levels of fitness and term of pregnancy.</p>	<p>Tuesdays 4:45 -5:45 Saturdays 9:00 – 10:00a</p>	<p>Ongoing</p>	<p>Colleen</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
<p>PRENATAL FITNESS & YOGA</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>A combination of Prenatal Yoga & Prenatal Fitness class. Yoga focus is on the physical body rather than the spiritual by focusing on poses/postures, cleansing techniques and breath control. Yoga calms the brain and nervous system, while improving the strength and flexibility of the body; participants usually leave yoga class feeling centered, peaceful and energized. Fitness is designed for moms-to-be who desire a full body workout of moderate intensity that includes a mix of: warm up, toning and sculpting with light to medium weights, aerobic activity, stretching, and circuit training, stability ball exercises, and combined exercises. Designed to provide a cardio workout, in addition to maintaining and increasing overall muscle tone by working all major muscle groups. All movements and activities can be modified to meet varying levels of fitness and term of pregnancy.</p>	<p>Thursday 5:45 – 6:45p</p>	<p>Ongoing</p>	<p>Michelle</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
<p>Mom & Baby Fitness</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>Burn baby fat as you develop core muscle strength in this dynamic class geared towards regaining your strength and endurance while having fun with your baby. Bring your baby carrier (not a sling), your workout shoes and a mat as classes will be a blend of exercises on your feet wearing your baby, as well as floor work for upper body and your core.</p>	<p>Wednesdays 10:00 - 10:45</p>	<p>Ongoing</p>	<p>Michelle</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>

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<p>Mom & Baby Yoga</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>These classes provide an opportunity for you to regain strength and flexibility, to bond with your baby, and to connect with other mom or dads. You may start attending class when your baby is 4 weeks. If you have had a cesarean delivery, it's best to wait until you receive permission from your doctor to begin exercising. Babies are welcome to attend until they are actively crawling! All you need is a blanket for baby and yoga mat for yourself. No previous yoga experience is necessary.</p>	<p>Mondays 11:15-12:00p Tuesdays 10:30-11:15a Thursdays 10:30-11:15a Saturdays 11:30 - 12:15p</p>	<p>Ongoing</p>	<p>Kate L.</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
<p>Mom & Toddler Fitness</p> <p>Group or Private Sessions also available call 713-963-8880</p>		<p>Tuesday Starting June 1st) 9:00-10:00 am</p>	<p>Ongoing</p>	<p>Michelle</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
<p>Prenatal Yoga/ Pilates</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>Its focus is on the physical body rather than the spiritual by focusing on poses/postures (asanas), cleansing techniques (shodhana) and breath control (pranayama). Yoga calms the brain and nervous system, while improving the strength and flexibility of the body, which is why participants usually leave yoga class feeling centered, peaceful and energized.</p>	<p>Mondays 10:00-11:00 5:45 - 6:45p Tuesdays 9:15 - 10:15a 6:00 - 7:00p Wednesdays 11:00-12:00p 5:45-6:45p Thursdays 9:15 -10:15a 4:30 – 5:30p Fridays 10:30 - 11:30a Saturdays 10:15 - 11:15a</p>	<p>Ongoing</p>	<p>Marjie Molly Michelle Simone</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
<p>Core Yoga/ Pilates</p> <p>Group or Private Sessions also available call 713-963-8880</p>	<p>A mixed level class, Core Yoga is great for those looking to get in shape (or back in shape) and find steadiness and serenity to counter stress and tension. A moderately-paced, Ashtanga-based, Hatha yoga class designed to build core strength, flexibility, and a calm nervous system, with continued emphasis on breathing and healthy alignment of the body and mind. Beginners are welcome!</p>	<p>Tuesdays 7:30- 8:30am 7:30-8:30 am Fridays 9:15-10:15 am</p> <p style="text-align: center;">Thursdays</p>	<p>Ongoing</p>	<p>Marjie</p>	<p>\$15/ class</p> <p>Members get 10% off</p> <p>or purchase a class pass for savings 5 for \$70, 10 for \$130, 20 for \$240</p>
Support Groups					



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Working Moms Support	Once you're juggling a job, parenting, self-care and adult relationships, you start wishing for guidance about how to handle working motherhood. Our support will give you a chance to share the principals that inspire you as a working mom and provide guidance to a working mom like you. Please note: Some groups are canceled on our Observed Holidays. Please check our Calendar.	Wednesdays pm 7:00-8:00	Ongoing	Magdalena Ondrasova, MSW	Free
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Children and Adult Class Schedule

<p>Expecting & New Mom's Talk</p>	<p>This is an opportunity to connect with other moms and moms-to be, get support and learn from one another's experiences. You can share your concerns, questions, joys, challenges, experiences and practical tips. Discussions will cover everything from pregnancy, body image, sleep deprivation, infant development, breastfeeding, pregnancy and baby blues, relationships, childcare choices, new identity, regaining your sense of self, and much more. In a safe, supportive environment we will explore many of the practical as well as emotional aspects of motherhood. Feel free to bring your baby, a brown bag lunch, your friends. There is no fee or pre-registration for this group, we just want you to come and create new relationships, friends, playgroup buddies, or just share with us the everyday frustrations or overwhelming joys of motherhood.</p>	<p>Tuesdays & Thursdays 11:30 - 12:30</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>Free</p>
<p>International Moms Support</p>	<p>Adaptation and assimilation in a new environment is a daunting and arduous journey. Magdalena will offer her genuine support and experience to make you feel accepted and understood. You will empower yourselves by discovering new ways to create a friendly network for your benefit. Please note: Some groups are canceled on our Observed Holidays. Please check our Calendar.</p>	<p>Tuesdays & Thursdays 11:30 - 12:30</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>Free</p>
<p>Postpartum Depression Support Group</p>	<p>Our postpartum depression support group can provide you with a safe, private, and accepting place to talk about your emotional and physical changes. Sharing your struggles with others and learning from theirs will help you feel you are not alone. Encouragements and coping suggestions will help you to learn strategies to deal with the challenges your journey can present.</p>	<p>Wednesdays 11:30-12:30</p>	<p>Ongoing</p>	<p>Magdalena Ondrasova, MSW</p>	<p>Free</p>
<p>Breastfeeding Support Group</p>	<p>Come get answers to all your breastfeeding questions and concerns. Discuss a wide range of issues, from Mom's ready to return to work, to breastfeeding multiples, preemies, and just about anything else you can imagine.</p>	<p>Fridays 10:00-11:00</p>	<p>Ongoing</p>		<p>Free</p>

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Complimentary Classes					
<p>What is a Baby Nurse/ Doula?</p>	<p>Not sure if you will be needing help? Join us for a session of questions and answers about the importance of having help after your baby arrives. Postpartum Doulas, Baby Nurses or Night Nurses will allow you to rest by providing educational, emotional and physical support. Please Pre-register. No Charge.</p>	<p>Mondays 5:00 - 6:00 04/05/10 05/03/10 06/07/10</p>	<p>Ongoing</p>	<p>Gabriela Gerhart</p>	<p>Free</p>
<p>Choosing the Right Nanny</p>	<p>An informational meeting detailing our Nanny Placement Service. Please join us with any questions you may have regarding The Motherhood Center's nanny placement process. All are welcome! Please Pre-register. No Charge.</p>	<p>Tuesdays 5:30-6:30 7/13/10 8/10/10 9/14/10 10/12/10</p>	<p>Ongoing</p>	<p>Judy</p>	<p>Free</p>
<p>What is a Labor Doula?</p>	<p>Join us for a session of questions and answers about the benefits of labor support. Learn about the process of connecting with a trained, experienced Labor Doula who will be there for you and your partner during the delivery. Please Pre-register. No Charge.</p>	<p>Saturdays 11:30-12:30 05/08/10 06/12/10</p>	<p>Ongoing</p>	<p>Rhonda Meador</p>	<p>Free</p>