



# three little birds

## FOR MOMS

### PRENATAL YOGA & WORKSHOPS

#### **PRENATAL YOGA Mondays 7:00-8:00pm \* Taught by Michelle Goitia**

Specially designed poses, breath-work and visualization not only ease current discomfort, but also helps you develop the strength, flexibility, stamina and inner-peace you'll need for your birth experience. Whether you are a yoga veteran or novice, this class will help you connect with your developing baby and with other pregnant moms. 10 class mom and baby card for \$150 \* 5 class mom & baby card \$85 \* single class \$20

**YOGA FOR LABOR AND DELIVERY Workshop with Michelle Goitia:** November 5th 11:30am-2:30pm \$100 per couple

### POSTNATAL YOGA WITH BABY

#### **Wednesdays 1:30-2:30pm \* Taught by Michelle Goitia**

This class will renew your spirit and give you the opportunity to re-connect with your body while connecting with your baby.

10 class mom & baby card \$150 \* 5 class mom & baby card \$85 \* single class \$20

### MOMS' SUPPORT GROUP

#### **6:30-8pm \* 10/24, 11/14, 12/19 \* lead by Jayne Freeman, a postnatal doula, child birth educator and working mom of two**

This group meets once a month and is for moms in all stages of motherhood. New baby, going back to work, terrible twos, sleep issues, older kids, anxiety – whatever is keeping you up at night, we will discuss! Bring your child, bring wine or just bring yourself to discuss the challenges of meeting the needs of so many people and not losing yourself in the process.

10 class mom & baby card \$150 \* 5 class card \$85 \* single class \$20

## FOR YOUR LITTLE BIRDS

### LITTLE BIRDS MUSIC CLASS

#### **Mondays 1:30pm and Fridays 1:30-2:15pm \* 6 weeks-10 months**

Connect with your baby through the joy of music. This sweet and gentle music class is specifically designed for your littlest bird. Discover rich songs, finger plays and rhythms to strengthen your bond and to use at home for play, bath and bedtime.

10 class mom & baby card \$150 \* 5 class mom & baby card \$85 \* single class \$20 \* Register ahead of time for this sell out class!

### LITTLE BIRDS DEVELOPMENTAL MOVEMENT CLASSES

#### **infants Tuesdays 2:15-3pm \* rolling over/crawlers Tuesdays 3:15-4pm \* walkers up to age three Tuesdays 4:15-5pm**

An interactive and joyful class that uses song, dance, yoga, play, massage and breath-work to nurture and foster your baby's development and socialization. 10 class mom & baby card \$150 \* 5 class mom & baby card \$85 \* single class for \$20 \* Register ahead of time for these sell out classes!

### PRESCHOOL OF ROCK MUSIC

#### **Mondays 9:30am, 10:30am and 11:30am \* Saturdays 10:30am**

This high-energy children's music class is filled with drumming, shaking, dancing, laughter and instrument discovery. Register at [preschoolofrock.com](http://preschoolofrock.com)

### LITTLE BIRDS PLAYGROUP

#### **Mondays 3-4pm \* 12-24 months**

Your little bird now has their very own playgroup in our beautiful play space! This is a fun way to get together with other toddlers and caregivers in a relaxed and playful environment. 10 class mom & baby card \$150 \* 5 class mom & baby card \$85 \* single class \$20

### LITTLE BIRDS DROP OFF PROGRAM

#### **Tuesday-Friday 8:30am-10:30am & 10:30am-12:30pm. Choose 2, 3 or 4 days a week. Email for availability.**

Our 2-hour program prepares children for school by easing them into a routine, while giving them the room to express themselves. This program is ideal for the little bird who may not need a full time program but is looking for a caring environment to learn to fly from the nest. Our nurturing teachers guide children through activities such as circle time, imaginative play, crafts, color/letter/number learning, sensory exploration, movement, snack/lunch, manners and story time – all of which tie into our weekly themes. Our cozy, creative program is perfect for your little bird who is learning to fly. 18mo-4yr

**Register at [www.threelittlebirds.com](http://www.threelittlebirds.com)**

**Downtown JC Studio: 16 Erie Street \* West Side JC Preschool/Kindergarten/Camp: 691 West Side Avenue**

**At 201.528.3212 \* [CHIRP@THREELITTLEBIRDSJC.COM](mailto:CHIRP@THREELITTLEBIRDSJC.COM)**

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