

BELLY TO BABY DAY



**Saturday, April 26, 2008
1 - 5 p.m.**

Join us for an exciting day celebrating, birth, pregnancy, postpartum and family dynamics. Attend a free prenatal class beginning at 1 p.m., followed by hourly presentations on health and wellness for moms-to-be, baby and the entire family.

Delight in specialty offerings from local stores and centers. Learn about midwife and doula services, massage, and other "whole"-istic practices. Kula will feature organic clothing and unique yoga and healthcare products.

1 p.m. Free Prenatal Yoga Class

2 p.m. *"Caring for Your Marriage After Baby"*
-Anita Stoll

3 p.m. *"Craniosacral Therapy for Infants & Children,"* -Meri Jayd O'Connor

4 p.m. *"Vaccines & Your Child, A Naturopathic Perspective,"* -Melanie Landers

Space is limited so reserve your space soon!



KULA
YOGA CENTER

A Family Yoga Center and Unique Boutique

Participants include: Mothers' Milk Bank, Birthwise Birth & Family Center, Remedy Healing Center, Arbonne, Austin Bradley Teachers, Due Maternity, Anita Stoll, PhD., Illysa Foster, Melanie Landers, and many more...

Visit AustinKulaYoga.com for details and to register.

