



Winter 2010 Programming

MONDAYS	9:30-10:45a	YOGA FOR ENERGY - Drop-in anytime for \$20; or class cards are available for purchase (4 classes \$76, 8 classes \$136). Please bring a yoga mat, or borrow one of ours.
	12:00-2:00p	BREASTFEEDING SUPPORT GROUP - Breastfeeding moms with babies of all ages, support each other and themselves. Answers to all your questions in an unstructured and comfortable environment. \$10, Drop-in
	7:00-8:00p	MEDITATION - Meditation is a practice of stilling the mind and freeing ourselves from the stress of daily emotions and experiences. Meditating in a group can make the practice much easier, and all are welcome to join our group. Fee \$15 by donation if finances are a challenge. Please bring a yoga mat, or borrow one of ours. Twice a month, first sessions January 11 & 25, February 8 & 22
TUESDAYS	1:30-2:30p	INFANT MASSAGE - 3 weekly sessions taught by Meredith R. Grasso, Licensed Massage Therapist, limited to 4 infants per class. You'll learn how to massage your baby, bonding and other parenting issues dealing with special needs such as colic, prematurity and intestinal/digestive difficulties. \$120. Monthly, next session Feb 9
	5:45- 6:15p 6:30-7:00p	CHALLENGE KARATE - Karate program adapted specifically for children with special needs. Beg class 6:00, adv 6:30. 12 week series, for more info call Sensei Barry at 914-494-7524 or email info@challengekarate.com
	7:30-8:45p	KRIPALU YOGA FOR ALL LEVELS - Open to men & women, Kripalu style yoga class offers blend of breath work, stretching, yoga postures & relaxation to heal mind & body. Discounts available for multi-class purchases. Bring yoga mat, or rental mats available for \$2, Call 914-421-1500 to register or drop in for \$20
WEDNESDAYS	10:00-11:00a	BABYBITES MOM SUPPORT GROUP (babies 0-6m)- Being a new mom brings up many thoughts, feelings and emotions. While turning to spouses/partners and family is a helpful way to manage this transition, no one understands quite what you're going through like another new mom. Weekly sessions focus on relevant themes for new moms. This is NOT a drop-in class; \$100 for 5 sessions. Register early as there a limited number of spaces. See our website for more info or call 914.421.1500.
	11:00-7:00p 3rd Wed	BREAST AND WHOLE BODY THERMOGRAPHY - Screening and Treatment of Chronic Inflammation using Medical Infrared Thermography (MIT). Screenings will be held monthly. Call 914.421.1500 for an appt.
	6:30-9:00p	CHILDBIRTH EDUCATION - Barbara DuPont's 6 week childbirth education classes are designed to help you understand the birth event by providing information on the birth process and developing coping strategies for pain in labor. Sessions are ongoing, \$295, Contact Barbara at 914-239-3311 for information.,
THURSDAYS	9:45-11:00a	AUTHENTIC MOMS - It's time we get together to speak openly and honestly about our true experience of motherhood. Now there's a safe place to explore the family issues, societal pressures and expectations that can make motherhood so stressful. \$30 a session, call 914-582-0801 for more information.
	2:00-4:00p	HERBALIST AVAILABLE FOR CONSULTATIONS - Janice Ditchek, clinical herbalist and educator, will offer herbal assistance at The Shop's Herbal Pharmacy. To schedule a consultation, call Janice at 914-421-1500
	5:45-7:00p	PRENATAL YOGA - Prenatal yoga is an ideal way to prepare for birth and motherhood. Best for women in their 2nd & 3rd trimesters Call 914-421-1500 to register or drop-in anytime for \$20, beginning Jan. 14
	7:00-9:00p 1st Thursday of the month	ICAN CHAPTER MEETING - A nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC). FREE, Drop-in
	7:30-8:45p	YOGA FOR FERTILITY - With Yoga Instructor Beth Gibney-Boulden, RYT. 6 week series. Deep relaxation & increased circulation aids fertility. All women open to pregnancy are invited to join this supportive community. Suitable for ART clients with physician's support. \$108 for 6 sessions. Ask about our Couples Yoga Workshop. Unsure? Call for a free consultation with Beth at 914.421.1500.-
FRIDAYS	12:00-2:00p	BREASTFEEDING SUPPORT GROUP - Breastfeeding moms with babies of all ages, support each other and themselves. Answers to all your questions in an unstructured and comfortable environment. \$10, Drop-in
SATURDAYS	10:30a-12:00p 1st Sat of month	HOLISTIC MOMS NETWORK - A non-profit support and discussion network for moms with an interest in natural/holistic and alternative health and parenting. Monthly guest speakers, see website, FREE, Drop-in
SUNDAYS	9:45-11:00a	PRENATAL YOGA - Prenatal yoga is an ideal way to prepare for birth and motherhood. Best for women in their 2nd & 3rd trimesters Call 914-421-1500 to register or drop-in anytime for \$20,

Over for Special Events

See our website for more information or call reception at 914.421.1500 ex 0

Sign up for our newsletter and keep up with Center happenings

Upcoming Special Events - See Website for more info

January*	<ul style="list-style-type: none"> • Yoga Day USA, Saturday, January 23, 1-5pm Come celebrate National Yoga Day and new yoga & meditation classes at Full Circle. All classes are free and include topics such as Yoga for Weight Loss, Energize Your Life with Yoga and Meditation, Prenatal Yoga, Fertility Yoga, and more. • Herbs for Fertility & Pregnancy Support, January 27, 5:00 - 6:15 PM Learn about easy-to-use herbal aides to enhance fertility and strengthen your reproductive system both prior to conception and throughout your pregnancy. FREE • Infant/Child CPR, Choking & Safety, January 28, March 4 or May 5 Learn how to deal with an emergency situation. Infant/Child CPR and choking will be presented and reviewed by participants with hands-on return demonstration on sanitary "CPR Manikins." Safety & CPR handouts are given to each participant for display at home. \$50.00/person, \$75.00/couple. Class size is limited so sign up early. You can reserve your space in this class by sending the class fee to: Pauline Nardella, RN, MPA, 2 Private Lovett Ct, Blauvelt, NY 10913. for more information, call 845-680-0385.
February*	<ul style="list-style-type: none"> • FIRST Trimester Nutrition, Fetal Development and Feeling Great, February 1, 7:30 to 9:00pm Dr. Angelica Lemke, Naturopath, will talk about how a healthy diet and appropriate nutrients are vital for both you and your baby during the first trimester. Your baby needs these nutrients to grow; you need them to restore what your little one extracts from your body and bones. FREE • Integrative Medicine 101, Saturday, February 8th at 1:30pm Are you looking for an approach to your healthcare that combines primary medical care with the best of alternative medicine in one place? Come to this talk to learn about Integrative Medicine - the new, progressive model of healthcare, and how it can benefit the 'whole' you. FREE • Herbal Mommy & Me: Nature's First-Aid Kit, February 9, 10:15 - 11:30 AM Learn about safe and effective natural remedies for you and your family. Newborns to pre-school age children are welcome to attend these fun, hands-on classes. Kids love to make their own preparations. This class will focus on the healing value of nature's medicine chest for everyday first-aid use including, bruises, bites, stings, sprains and more. FREE • Asthma Talk, February 22 at 7:30 Interactive discussion on the causes, symptoms and treatment of asthma in children and adults with Dr. Susan E. Panes, who has 15 years of experience in adult and pediatric immunology and is in private practice in White Plains, NY. Natural treatments for asthma including botanical and nutritional medicine will also be presented by Dr. Angelica Lemke, ND. • Spring Tonics for the Allergy Season, February 24, 5:00 – 6:15 PM This workshop will focus on herbs that support the immune and respiratory systems to eliminate irritating allergy symptoms in children and adults.
March & April*	<ul style="list-style-type: none"> • SECOND Trimester Nutrition, Fetal Development and Feeling Great - March 1 • Herbal Mommy & Me: Easing Children's' Discomforts with Herbs - March 2 • Natural Fertility Awareness - March 8 • Post Partum Support Group - March 12 • Herbal Gifts for Mother's Day or Any Day - April 5 • Herbal Aides for Breastfeeding, - April 7 • Thriving with Food Allergies & Sensitivities - April 12 • Gentle Healing with Homeopathy - May 3

***CALL RECEPTION AT 914-421-1500 EX 0 TO REGISTER UNLESS OTHERWISE NOTED.
SEE WEBSITE FOR MORE INFO**