

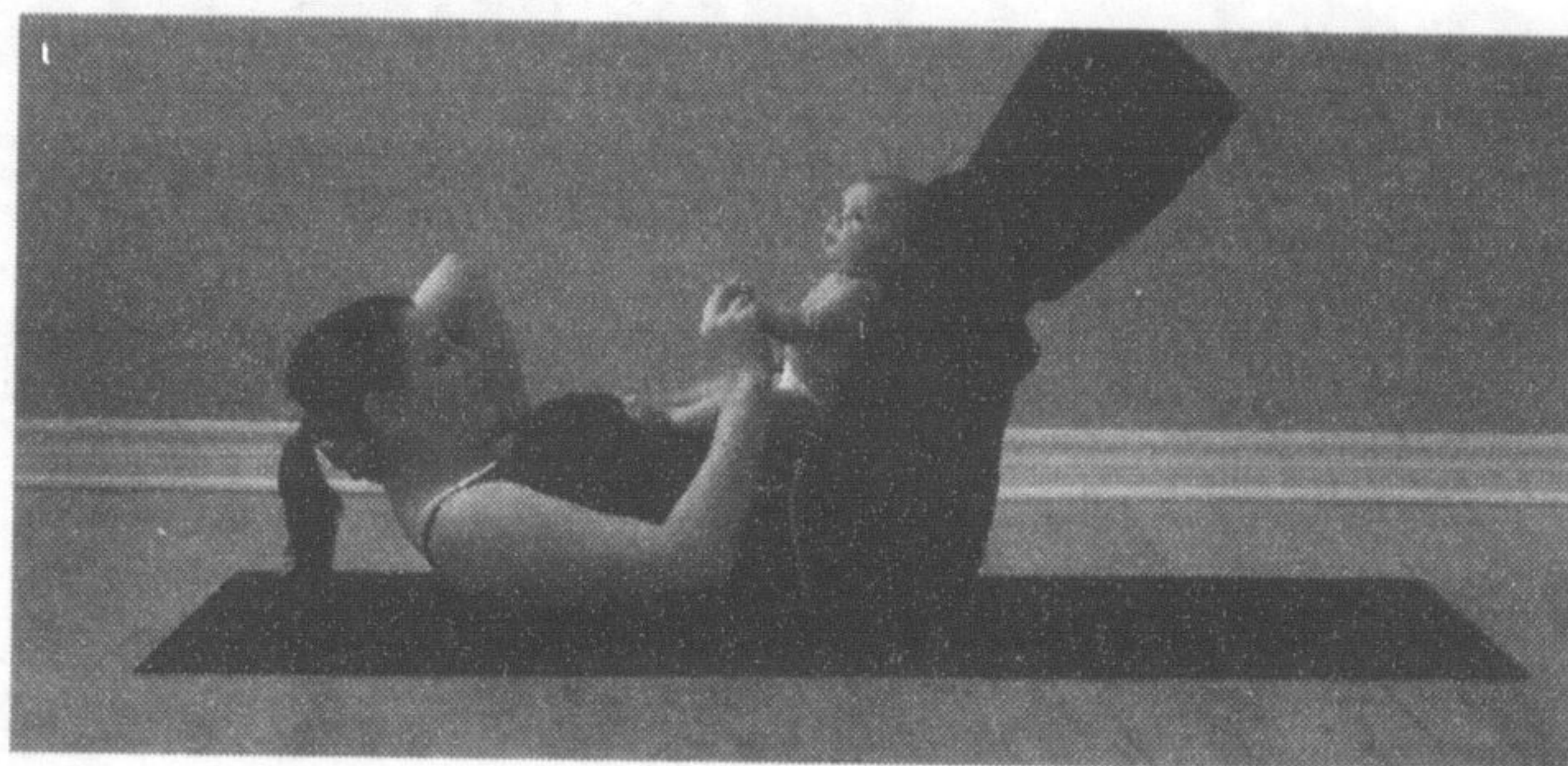
Yoga Babies in Milton

Yoga is a wonderful way of looking after yourself and connecting with your baby in the early months. Postnatal classes focus on helping your body regain strength and tone in a safe and effective way. They emphasize strengthening the pelvic floor, abdomen, legs and back as well as opening and relaxing tension in the neck, shoulders and arms. During Mom's yoga session, babies can participate or just watch, followed by baby yoga and a

gentle massage. Baby moves are designed to improve digestion, body awareness & sleep. And of course, classes are baby centered, allowing you to attend to their needs at any time.

Benefits of Mommy & Me Yoga?

- Increase in abdominal and pelvic floor stability thereby reducing back pain.
- Accelerated physical and mental development of your baby.



- Enhanced emotional stability, relaxation & sleep for both of you.
- Have fun with your baby and make friends.

Editorial supplied by Serenity Valley Studios located at 2640 No.8 Sideroad, Milton Ontario, (905) 335-9591.

Do you wonder what your child is thinking or feeling?

Learning to sign with your hearing baby or toddler is simple, fun, and rewarding and it opens a window into his/her precious mind.

Through sign language, your child can easily communicate his/her wants and needs.

This relieves so much of the anxiety and frustration felt by parents and their little ones who are ready to communicate with signs long before they can speak.

Little Hands Talking offers sign language programs for hearing children beginning as early as 6 months of age. Our how-to, hands-on workshops are designed to give you all the information, encouragement and, of course, the signs necessary to achieve signing success. Visit our website to register!

Beginning in Spring 2006, we will also offer preschool and school-aged programs for children from 3 - 8 years of age. These weekly classes will intro-

duce your child to deaf culture, common phrases in ASL, signs for colours, food, animals and more! After completion, your child will be able to effectively use American Sign Language to have simple conversations.

For all programs we recommend that you register early!"

Editorial supplied by Little Hands Talking 905-876-2547.



NATUROPATHIC MEDICINE

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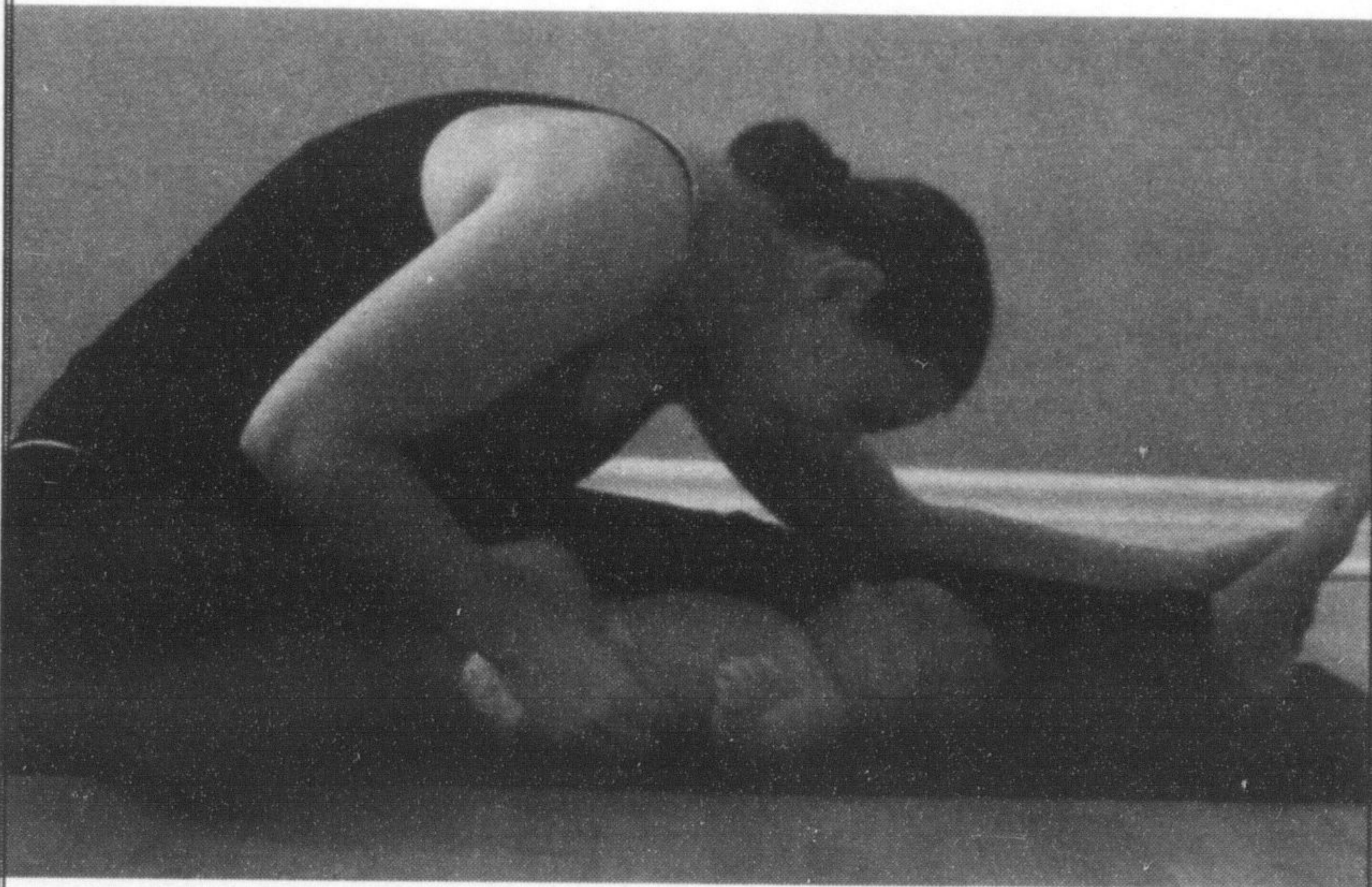
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Dr. Erika Ristok N.D.
Doctor of Naturopathic Medicine

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Now Offering Mom & Baby Yoga Classes



Serenity Valley, set amidst 50 acres of escarpment country, makes the ideal place to enjoy Yoga & Pilates classes.

*Private Training or a Thai Massage.
Call or visit our website for more details!*

Classes begin next week.

 **Serenity**
VALLEY
www.serenityvalley.ca

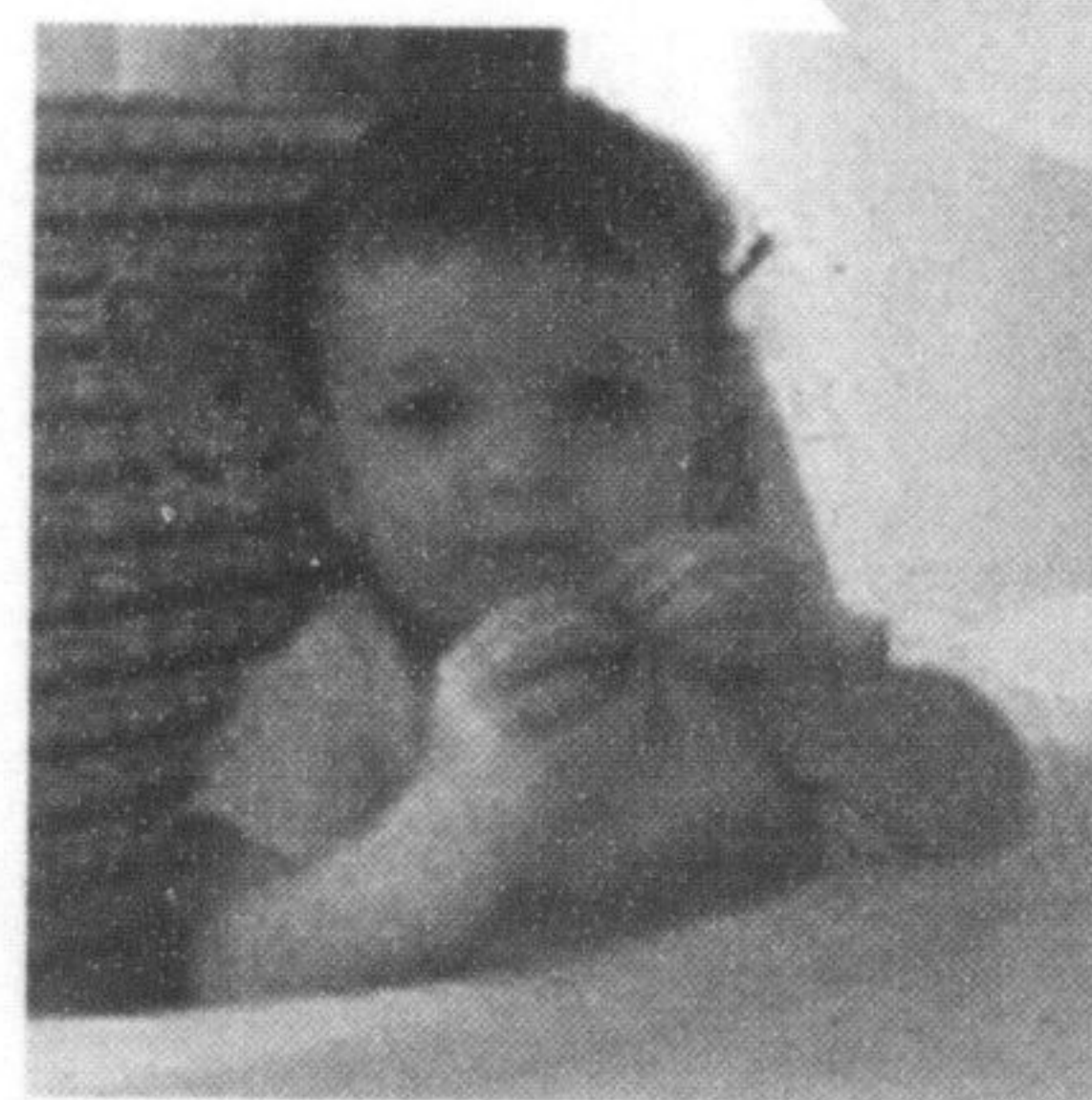
2640 - 8th Sideroad
Milton, Ontario
905-335-9591

Your child before Little Hands Talking:



If only I could tell you what I need, then I wouldn't be so frustrated!

Your child after Little Hands Talking:



Now when I put my fingers together like this I get "more" - more food, more milk, more help. At last you really understand me!

LITTLE HANDS TALKING

Sign Language Workshops for your hearing children ages 6 months to 8 years.

www.littlehandstalking.ca

905-876-2547

