



Mothers and babies can sample a yoga class for free

Karma Yoga in Bloomfield Hills is launching its Mommy & Me yoga classes with free sessions in August.

Starting Aug. 4, the studio will offer classes twice week for mothers and children ages 6 months to 3 years.

Katherine Austin, the founder of Karma Yoga and a yoga teacher for 16 years, and her instructors have had special training in prenatal and parent-toddler yoga. She believes mothers can gain a deeper connection with their child by participating in the classes.

"When a baby stays within 9 feet of their mother's aura, it helps create a deep attachment," said Austin. According to Lynne Golodner, spokeswoman for Karma Yoga, the studio is the first in metro Detroit to put parent-child yoga on a regular schedule.

In addition to strengthening the mom-child bond, the classes will aim to provide a support network for new parents.

"It's not just a yoga class," Austin said. "Teachers will be educated in new mom topics."

According to Austin, yoga will also help

relieve stress for both the mother and the child in the future. She says that starting yoga at a young age can help kids learn how to cope with stress before they become adults.

Participants do not need any previous yoga experience. To try the new Mommy & Me classes, visit Karma Yoga, 3683 W. Maple at Lahser, for a kickoff class from 3 p.m. to 4:30 p.m. July 29. It is open to the public and registration is not required. After August, there will be a fee for Mommy & Me classes.

Details: 248-723-9168, www.karma-yoga.net

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