

Karma Yoga

Mommy & Me Yoga: A Regular Offering

Karma Yoga expands its Family Yoga Center by becoming the first metro Detroit studio to put parent-child yoga on the regular schedule.

FOR IMMEDIATE RELEASE
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BLOOMFIELD HILLS, Mich. – After adding three-times-weekly prenatal yoga classes to its regular schedule in May, Karma Yoga is expanding its Family Yoga Center to include regular Mommy & Me classes, effective August 1.

What's more, for the entire month of August, Karma Yoga invites parents and children, ages six months to 3 years, to try these new classes free of charge.

"After years of helping children, tweens and teens navigate through the stressors of life as we know it, I realized we had to take yoga back to the beginning," says Katherine Austin, founder and owner of Karma Yoga and a mother of three grown sons. "Our children are exposed to so many challenges, why not start them out on a more peaceful path? That has been the impetus for evolving our studio into a full Family Yoga Center – offering the empowering and energizing benefits of regular yoga practice to babies in the womb, newborns, toddlers and beyond, all through the life cycle."

Parents who engage in yoga with their babies and toddlers deepen their parent-child bond and create a safe space for the exploration of the mind-body-spirit connections offered through yoga. Medical research shows that movement guided by parents stimulates muscle and nerve development and can increase immune system function.

Other research shows that the benefits of yoga for babies are similar to the benefits of massage – stimulating pressure receptors on the skin slows down production of stress hormones such as cortisol.

As children grow, regular exposure to yoga often leads to the following benefits:

- Increased focus
- Increased compassion for all living beings
- Increased confidence, self-awareness and self-acceptance
- A general sense of calm
- Improved imagination and communication skills
- Better sleep, lower stress

Spirit Baby Yoga classes (what the Karma parent-child offerings have been named) will be offered on Tuesdays, 1:45-3 p.m., and Saturdays, 2:45-4:15 p.m., every week, following the prenatal yoga classes.

For the entire month of August, this class will be free-of-charge to interested parents and children.

Karma is hosting a special public parent-child yoga class on Sunday, July 29th at 2:30 p.m. to launch the program. It is open to the public and free of charge.

This is the first time in Southeastern Michigan that women can find regular yoga classes that support conscious birthing and parenting. Expectant mothers find that the physical and spiritual benefits of yoga not only ease the process of gestation but profoundly prepare them for an easier labor and birthing process, creating a calmer start to life for their babies and their maternal roles.

Austin is the first Michigan graduate of the prenatal yoga technique The Khalsa Way®, which is one discipline guiding Karma's family yoga classes. The studio also features teachers who have been trained in

the Mindful Mamas™ and Digyoga philosophies. Karma's family yoga team includes Austin, Lori Cohn, Nicole Hall-Gendjar and Natalie Donnellon Piet.

Founded by Katherine Austin, E-RYT, in 2003, Karma Yoga is a yoga studio in Southeastern Michigan that prides itself on offering integrity, authenticity and high-quality yoga instruction. Classes are open to all ages, from prenatal to seniors, guided safely by Karma's trained staff of teachers, who collectively bring more than 200 years of experience, study and living by yoga principles.

Offering a broad range of classes, special programs and merchandise, the Bloomfield Hills, Mich., studio offers some of the most progressive programs in the state, including Michigan's first Khalsa Way® prenatal yoga class, as well as adult yoga, family yoga, Ayurvedic classes, yoga therapy, meditation, workshops, retreats and yoga teacher training.

For more information, visit <http://www.karma-yoga.net>, or contact Karma Yoga at info@karma-yoga.net or 248-723-9168.

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