

54 Nagle Avenue (between Broadway/195th Street)
New York NY 10040 212-569-6200
www.ywashhts.org

Monday Morning for New Moms

Meet up with Moms - 10—11 am –FREE!!

Connect and meet other new and expectant moms
Discuss topics such as nutrition, sleep habits, wellness and feeding
and/or

Mommy and Me Yoga—11 am —12:00 noon

Improve your flexibility and balance
Help soothe colic and improve sleep patterns



Drop in or register in advance for the fall or spring semesters

Fall semester: Oct. 17th, 2011—Feb 6th, 2012

Spring semester: Feb. 13, 2011—June 11, 2012

Yoga : Fall \$225_____ Spring \$225_____ Fall & spring \$425_____
Drop in: \$20/class

Child's Name _____ Parent Name _____

Address, City, Zip _____ Phone _____

Child's Birth Date _____ Email Address _____

Fee Enclosed _____ (Checks payable to YM & YWHA of Washington Heights & Inwood)

Or if paying by credit card...Please charge _____ to my credit card:

Card Member Signature _____ Date _____

Please Circle Your Credit Card Company: VISA Mastercard

Card Member Number _____ Exp. Date _____

*For more information, please call 212-569-6200 or email
sherman@ywashhts.org*