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Dover Yoga Studio extends program to moms-to-be, babies, kids and teens

Yoga is not just for adults anymore.

Kids, teens, toddlers, babies and Moms-to-be can all reap the wonderful benefits of yoga by participating in one of the many classes to be offered by Dover Yoga Studio, beginning Oct. 1.

New class offerings include prenatal, parent and baby, parent and tot, family yoga, kids, pre-teens and teens, and will be held in a brand new studio located just downstairs from the adult studio.

Dover Yoga Studio, established in 2001, is located in the heart of historic downtown Dover.

Carrie Tyler, Owner and Studio Director, has watched interest in children's yoga steadily increasing over the last few years.

"We have seen a huge increase in interest in holistic health and yoga. Children's yoga, in particular, has been a hot topic on the West coast for quite some time, and it's finally making its way East. The phone calls have been flooding in, especially within the last year. We are so excited to finally be able to accommodate this need and add a children's program to our studio offerings," says Tyler. "We have an amazing staff heading up the program, with each instructor holding certifications from reputable organizations that specialize in yoga and child development."

Tyler also notes that its regular adult classes run simultaneously with the children's program, allowing adults and their children to attend yoga classes at the same time. As an added benefit, Dover Yoga offers an Autobill program for adults for \$48 per month.

The membership includes a 25 percent discount on the children's classes, discounts on workshops and healing arts programs at the studio, as well as discounts and other incentives at local holistic businesses like the Juicery in Portsmouth, Dover Natural Foods in Dover, the Dover Climbing Gym, and with several massage therapists and local healers.



Lots of moves for mothers and kids alike at Dover Yoga. (Courtesy photo)

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Lisa Flynn, Director of the Children's Program, notes that child development experts have repeatedly recognized the benefits of yoga for children.

Children who practice yoga demonstrate improved balance, coordination and general body awareness, while their confidence and self-esteem receive a boost.

"In this age of go, go, go, noisy toys, video games and endless activities, even children need to de-stress. Yoga provides them personal tools for managing stress and anxiety. Mental concentration and focus are greatly improved, sleep issues are alleviated and digestion is aided. Yoga is even known to boost the immune system & definitely a plus for any child who lives in New England in the wintertime. Best of all, it's a physical activity that kids love to do," she said.

Dover Yoga is offering a series of classes for Moms-to-be, as well as for every child, newborn to 17 years.

"Prenatal yoga provides wonderful preparation for pregnancy, birth and beyond", states Tyler.

Dover Yoga will be presenting, "Preparing for Birth with Yoga and Healing Therapy," a 6-week Series for pregnant women, with a different topic presented during each 1 hr. 15 min. class. An ongoing, weekly prenatal yoga class will also be offered.

Parent & Baby yoga will focus primarily on the baby, teaching parents 'magic' postures to help their baby digest better, sleep longer and grow stronger.

Parents with one or more children between the ages of 2 and 5 might enjoy taking the Parent & Child/Family series where together, parents and children playfully explore yoga postures and movement using stories, games, props and music.

And then, there are a variety of classes for children and teens, aged 3 -17, all running simultaneously with adult classes, allowing parents and children to enjoy a yoga class at the same time.

Flynn says, "As a mother of two, I know how difficult it is to get to a yoga class due to childcare constraints. Dover Yoga has organized the children's schedule to make it easy as possible for Moms and Dads to enjoy a yoga class, while their children are in a class of their own just downstairs. It's a win-win situation for the whole family."

Classes begin Oct. 1 and require pre-registration for either a 6 or 12-week series.

For more information, please visit <http://www.doveryoga.com/> or call phone (603) 740-9700